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JUSTICE

**Garland found guilty
on three counts of
first-degree murder,**
metroNEWS

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Jurors call for three life terms

GARLAND TRIAL

Verdict a small relief for 'numb' family, Crown says

 **Lucie Edwardson**
Metro | Calgary

Douglas Garland has been found guilty on all three counts of first-degree murder in the deaths of five-year-old Nathan O'Brien and his grandparents Kathy and Alvin Liknes.

Garland, 57, who was on trial over the last five weeks, was found guilty by a jury of 12 Calgarians Thursday. The jury deliberated their decision for just over eight hours.

Family members of the victims wept as the verdicts were read out in court.

Ten of the jurors suggested the three 25-year sentences be served consecutively, for a total of 75 years. Two had no opinion on the matter.

The judge will make the final call on the sentencing Friday.

In the summer of 2014, an Amber Alert gripped the city as citizens held their collective breath — hoping for the safe return of Nathan and his grandparents.

Nathan's mother, Jennifer O'Brien, discovered the bloody crime scene and her parents and son missing the morning of June 30, 2014 — prompting police to open an exhaustive investigation that would span days, months and years.

The Crown told jurors in their opening statement of how Garland held a "petty grudge" against Alvin Liknes over a patent on an oil and gas pump he'd worked on before being fired in 2007.

The culmination of the all-encompassing investigation lead by the Calgary Police Service — that brought in resources including the RCMP and CBSA — was revealed to Calgarians through testimony from 48 witnesses and the submission of 89 exhibits.

Following the verdict, Crown prosecutor Shane Parker told media everyone who worked on this case put in the utmost effort to "achieve" justice for Alvin, Kathy and Nathan.

"We didn't want to let the community or the family down. We wanted to seek justice and I think the verdicts were just. Like everyone, we want to put our best work forward and I think we did that," he said.

Parker said he spoke with the family after the trial.

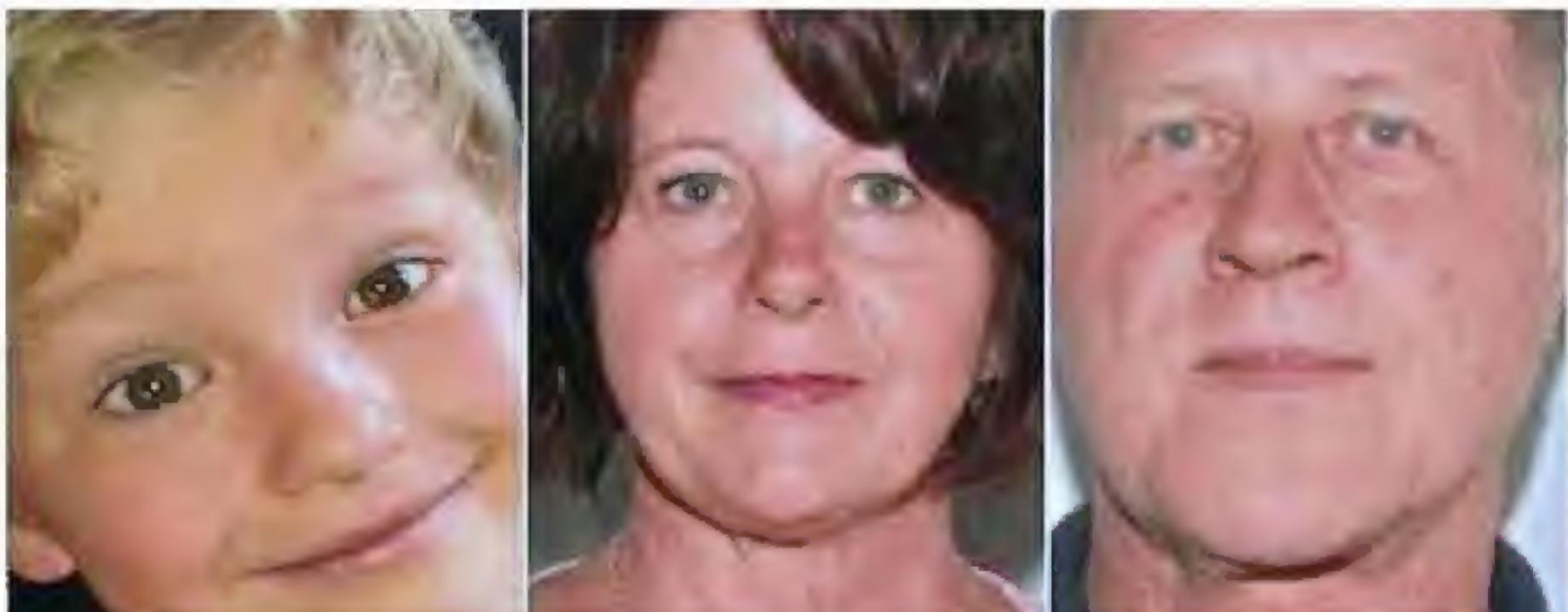
"I think from them you're not going to get an emotion such as great relief or anything like that. I think for them they're numb, they're still processing," he said. "At the end of the day they've lost Kathy, they've lost Alvin and they've lost Nathan... It's the loss of three critical people in their family... this decision doesn't change that."

Defence lawyers Kim Ross and Jim Lutz said it wasn't the outcome they were hoping for.

"In a case like this there really are no winners. There is no good way to come out of this and put a positive spin on it," said Lutz.



Crown prosecutor Shane Parker, centre, speaks to reporters following a guilty verdict for Douglas Garland in Calgary Thursday. JEFF MCINTOSH/THE CANADIAN PRESS



Douglas Garland was found guilty of first-degree murder in the deaths of Alvin and Kathy Liknes and their grandson Nathan O'Brien. CONTRIBUTED

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POLITICS

Kenney remains in leadership race

A last-ditch attempt to get Jason Kenney kicked out of the Alberta Progressive Conservative leadership race has failed.

Party president Katherine O'Neill ruled Thursday that a bid by another member of the board of directors to call an emergency meeting on the issue for Feb. 24 is out of order.

O'Neill says the next meeting of the board will proceed as scheduled on March 19, one day after the new leader is picked at a delegated convention in Calgary.

"(O'Neill) has accepted a point of order ... and ruled that the emergency meeting was not within the purview of the vice-president who called it, and so the meeting will not take place," said party spokesperson Janice Harrington.

Darcy Schumann, the party's Calgary vice-president, called the meeting in an email sent Wednesday.

However on Thursday, another member of the board said, in effect, another board member can't call a meeting if the president has already put one on the agenda. O'Neill agreed.

Kenney could not be immediately reached for comment but on Twitter wrote: "Thank you to PC Alberta President Katherine O'Neill for making the right call both procedurally and democratically. Let the members decide (the leadership vote)."

This was the second time in less than a week that a party member had tried to get Kenney expelled from the race based on his promise to try to join forces with the Wildrose party should he win.

It began last week with a formal complaint filed to the party by one of its members, Jeffery Rath, who has been supporting Kenney's rival, Richard Starke.

Rath has argued that Kenney's promise to dissolve the PCs to join forces with the rival Wildrose party violates party rules not to harm the PCs or their brand.

He also said that Kenney has denigrated the party in public comments and that those actions, along with his promise to dissolve the party if he wins, should prompt his expulsion from the race.



Alberta Conservative MP Jason Kenney. THE CANADIAN PRESS

POLICE

Investigation exposed 'serious flaws' in practices



Lucie Edwardson
Metro | Calgary

The Calgary Police Service said they will be reviewing their practices and policies—and possibly cases from the last five years—involving "unfounded sexual assaults."

Last week the Globe and Mail reported that 32 police forces across the country had launched investigations into more than 10,000 recent sexual-assault complaints following a Globe investigation that "exposed serious flaws in law-enforcement practices across the country."

Staff Sgt. Bruce Walker, of the CPS sex crimes unit, said CPS is one of the 32 forces participating in a review and that they will likely be looking at unfounded files from the last number of years.

Walker explained that a case is labelled as unfounded if there the "evidence doesn't



We are looking for ways our frontline officers can be more efficient.

Staff Sgt. Bruce Walker

support the allegations."

Walker said that in 2015, of the 625 sexual assault complaints CPS found only 48 (7.6 per cent) to be unfounded. Only 10.4 per cent between 2010 and 2014 were unfounded.

According to Walker, CPS is in the very early stages of this review and still doesn't know the extent of it or what the review will fully entail,

but he said the goal of the review is to "re-evaluate."

"We're hoping that we're constantly re-evaluating and if we need to move forward with our re-evaluation our process and how we do things," he said.

"We're looking for ways our frontline officers can be more efficient as we provide consistent training to members."

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Roberta Segar

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The committee charged with assessing the current level of pay is trying to open up about council discussions. METRO FILE

Committee aims for transparency

COUNCIL

Public will not have formal way giving input on council pay



Brodie Thomas
Metro | Calgary

How much do you think a city councillor should get paid?

It's a question that a committee made up of citizens is wrestling with over the next few months, and they're working to make their process more transparent than it has been in the past.

At a meeting Thursday, the committee moved to make two of the three in-camera items on the agenda public.

Committee member Peter Bowal suggested that the committee make discussions with

consultants public, as well as a report on how the public would be consulted.

“I think the public has a right to know,” said Bowal. “The default is public, and I haven't heard any reason why something (private) might come up.”

The third item – a survey that was completed by sitting councillors – remained private, because they had been told their answers would remain confidential.

When the committee heard from Case Dillon and Associates, consultant Tim Dillon said it was unusual to have their reports on matters of compensation out in the public.

“Just the sensitivity of talking about salaries and benefits, our experience is nearly all of our reports (...) have been in-camera,” he said, adding that he had no take on whether or not that is appropriate.

Dillon will be preparing a report on councillor compensation at six other cities across the coun-

try, so the committee can get a sense of what other municipalities are paying.

Bowal delivered the report on how the committee should collect public input.

He said he approached the city about using the Engage! portal, but was told that might not look objective enough, since it was coming from within the city.

Bowal also suggested setting up an email address and advertising for the public to provide written submissions.

He said this idea was also discouraged by the city because citizens might send in large attachments.

Instead, Bowal said because the committee is made up of randomly selected citizens, they will provide the public input.

He said after the last compensation review 4 years ago, the city did an Ipsos Reid poll to get public feedback. It was expensive and he said people generally didn't have much of an opinion.

IN BRIEF

Calgary woman's death ruled a homicide

An autopsy has determined Victoria Levesque was murdered, according to a release from Strathmore RCMP issued Thursday. The 25-year-old's body was discovered near the hamlet of Lyalta on Feb. 11.

The RCMP Major Crimes Unit continues to investigate.

Anyone with information is encouraged to contact Strathmore RCMP at 403-222-3535, or to contact Crime Stoppers.

METRO

CRIME

Mother pleads guilty in 2014 death of daughter

A Calgary woman has admitted to drugging her nine-year-old daughter, then setting fire to the vehicle her child was in.

Laura Coward, who is 50, pleaded guilty Thursday to second-degree murder in the death of Amber Lucius.

Coward was originally charged with first-degree murder and was to go to trial next week.

Amber was reported missing Aug. 31, 2014 and her mother was arrested two days later near Sundre standing outside a burned vehicle where her daughter's

body was discovered.

In an agreed statement of facts, Crown prosecutor Mac Vomberg told court that Amber was visiting Coward for the weekend. Her mother told her they were going to Tim Hortons and then to “look at the stars.”

Coward gave Amber a toxic but non-lethal dose of a prescription sleeping medication.

The accused admits that she intentionally caused the death of Amber but not in the manner that she expected.

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 **Brodie Thomas**
Metro | Calgary

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It's unlikely, according to Mark Sasges, a community planning coordinator with the City of Calgary.

He explained that height restrictions in our downtown are based around density, but also shadows that the buildings cast.

"Certain public plazas as well as the Bow River—and in some cases the Bow River banks—you cannot cast a building shadow on those areas," he said.

Bow Tower is built at the very limit of its height based on these restrictions, according to Sasges.

Edmonton's 80-storey behemoth is still probably a decade away, but the city is currently having serious talks over the land and zoning.

To be fair, work is already underway in Edmonton on the Stantec Tower, which will be four metres taller than Brookfield Place, Calgary's tallest building.



This 80-storey tower is being proposed for Edmonton's river valley. CONTRIBUTED

TECHNOLOGY

Autonomous snow plows: Not just yet

 **Helen Pike**
Metro | Calgary

It's the snow-clearing wave of the future, and after a tough snowfall, seems too far away for some to grasp.

The city could invest in more plowing machines, but manning all of its fleet also makes the budget for snow clearing climb.

"The cost is huge," said transportation boss Mac Logan. "If it's not snowing and the plow is sitting in the yard, we're still paying for it, we bought the equipment and staff are still coming in for their shift."

So, what if the city just needed the machines? Autonomous clearing Priority 1 and 2 routes in a driverless fashion.

Logan said the City of Calgary isn't quite there yet.

"It's been talked about," Logan said. "There could be a point in the future where things like a Roomba clear snow, but we're not quite there yet—but I wouldn't say it's beyond the realm of possibility in the future."

Although there are small yardwork robots on the market for house use, like the Kobi, and other DIY creations made specifically for snow clearing, it's tough to say how far away the City of Calgary is to getting their own industrial-grade machine.

Autonomous snow plows aren't new technology. This year marked the seventh annual iteration of a Minnesota Autonomous Snowplow Competition hosted by the Institute of Navigation Satellite Division. The competition allows students from across the US, and sometimes from Canada, to put their own robots through rigorous plowing exercises for an ultimate prize.

Currently the city's cost per person is "modest" according to Logan, when compared to a comparable private service.



I wouldn't say it's beyond the realm of possibility.

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Sam Nammoura started the Syrian Refugee Support Group in Calgary and often volunteers his time to help refugees in the city. JENNIFER FRIESEN/FOR METRO

'Lots of hope' for reunited family

REFUGEES

Syrian women were separated by Canada-U.S. border

 **Jennifer Friesen**
For Metro | Calgary

A long-awaited reunion took place at an imaginary line this week.

International borders may be heavy-handed imaginary lines, but after years of separation, a mother and daughter held their loved ones again after meeting at the Canadian border in Coutts, Alta.

In Calgary, a woman and her infant daughter have been living as permanent residents for more than a year. When her mother and sister finally

arrived in the United States as refugees, they hoped to join their family in Canada.

"They approached me saying that their family wanted to seek asylum here in Canada," said Sam Nammoura, founder of the Syrian Refugee Support Group Calgary. "But they didn't know what to do."

Nammoura spoke with an immigration consultant and helped them arrange their reunion. On Wednesday afternoon, he rented a car, picked up the family of two and drove them to the border where their loved ones filed for asylum.

Under the Canada-U.S. Safe Third Country Agreement, refugee claimants coming from the United States are allowed to enter Canada under a few circumstances — including if the claimant has a relative in Canada.

After a delay from being stopped at the American border,

Nammoura and the family were allowed to reach the Canadian border.

"The minute we opened the door (to the lobby), they ran to each other and just started holding each other and crying," said Nammoura. "At that moment, watching this family, everything just melted away."

With the request for asylum filed, the family is together in Calgary, and it's up to the court if their request will be accepted or denied. If denied, they will be sent back to the United States, but Nammoura said that just seeing their family again has filled the family with "lots of hope."

The department of Immigration, Refugees and Citizenship Canada wasn't able to comment with statistics in time for this article, but the topic of asylum seekers has been widely discussed in the past month in Canada.

IN BRIEF

New health-care position

Andre Tremblay has been appointed by the provincial government to the position of associate deputy minister of health. The newly created position is designed to assist with the ministry's management and support the delivery of health care for Albertans. Tremblay was the deputy clerk of executive council and deputy secretary to cabinet for the Alberta government prior to the appointment, which takes effect on March 13.

ELIZABETH CAMERON/FOR METRO

MEDICINE

Judge wants unfit drivers reported

An Alberta judge says the province should require doctors to report unfit drivers following a deadly crash at a rural school.

Provincial court Judge Karl Wilberg says in his fatality inquiry report that the tragedy could have been avoided if such a policy had been in place.

Richard Benson, a man who suffered seizures for a decade but rarely took his prescribed medication, continued to drive although he wasn't supposed to.

He had a seizure behind the

wheel of his minivan on Oct. 25, 2012 and plowed into a classroom at a junior high school in St. Paul, east of Edmonton.

Three girls were pinned underneath the van. Megan Wolitski, 11, died in hospital the next day and injured classmate Maddie Guitard died last year.

Wilberg says a system used by pharmacists should also be programmed to notify the registrar of motor vehicles when people receive anti-seizure or dementia medications. THE CANADIAN PRESS



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Opioid therapy changing lives

ADDICTION CRISIS

Advocates call for increased access to new drug treatment

Elizabeth Cameron
For Metro | Calgary

A new therapy is the most effective intervention to treat opioid use disorder and other associated harms, according to a recent progress report from the office of Alberta's chief medical officer of health.

Opioid replacement therapy (ORT) prevents the agonizing symptoms of opiate withdrawal — allowing people to get clean and get their lives back.

"If I hadn't gotten on methadone, I'd probably be dead," said Chelsea Burnham, a 25-year-old mental health and addictions outreach worker.

Everyday for the past five years, she has taken methadone — a synthetic, long-lasting opioid without the 'high' that's commonly used in ODT.

Burnham said the treatment has made her feel "real" again.

"I don't need to stick needles in my arms anymore ... I can work a normal job or hangout with my friends without worrying about my next shot," she said.

It's not easy to access ORT — high demand and a limited resources have created long wait-lists at clinics that provide the treatment. That creates increased risk for users, according to Burnham, who said people would only seek out ORT if they want to decrease their usage or get clean.

"They're having to substitute with street drugs (while they wait), and right now we shouldn't be risking that," she said.

"If they're seeking it out, they probably need it."

She's worked in the field for 20 years and knows ORT is life-changing.

"It's been astounding — we feel like we're able to really help people with an opioid

addiction," she said.

Burnham wants the provincial government to direct more resources to providing ORT.

"We need to get through all the red tape and politics and just get this done," Burnham said.

"People are dying — there isn't time to sit and have a bunch of meetings about naloxone kits."

I don't need to stick needles in my arms anymore...

I can work a normal job.

Chelsea Burnham



Chelsea Burnham says opioid replacement therapy saved her life. ELIZABETH CAMERON/FOR METRO

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Darren Bidulka underwent an experimental gene therapy for Fabry disease, which is believed to be the first in the world.

JENNIFER FRIESEN/METRO

Calgary man first for gene therapy trial

HEALTH

Treatment might help rare metabolic disorder

Elizabeth Cameron
For Metro | Calgary

A Calgary man has become the first patient in the world to be treated with gene therapy for a disease other than cancer.

Darren Bidulka has Fabry disease, a rare inherited metabolic disorder that creates a specific enzyme deficiency that can cause damage to major organs, chronic pain, and gastrointestinal difficulties.

Approximately 420 Canadians are affected by the disease.

"My hope is that this is a long-term solution for people with Fabry disease and other genetic disorders," Bidulka said, describing the treatment process as "absolutely fascinating."

Those with Fabry disease have a gene known as 'GLA' that malfunctions, meaning they can't produce the correct enzyme to break down a fat called Gb3.

If Gb3 builds up in the body, it can cause problems in the kidneys, brain, and heart.

Calgary researchers conducted an experimental trial by taking Bidulka's own blood stem cells and manipulating them with a specially engineered virus, augmenting the cells with fully-functioning copies of the GLA.

These modified stem cells were transplanted back into Bidulka in January.

"Now that I'm on the road to recovery I'm super excited that this could be the leading edge of some big developments in the medical community," Bidulka said.

Dr. Aneal Khan, medical geneticist for Alberta Health Services and member of the Alberta Children's Hospital Research Institute with the Cumming School of Medicine at the University of Calgary, led the trial.

"It's exciting, I'm in a field of medicine where we often don't have any effective treatment or hope for patients to recover when they get diagnosed," Dr. Khan said.

He hopes the experimental therapy can be used to treat similar conditions.

"We will be monitoring (Bidulka) over the next five years to see what improvements, if any, take place," Dr. Khan said.

ARTS

Curtain falls for Vertigo's Y Stage series

Aaron Chatha
Metro | Calgary

The Y Stage Theatre Series at Vertigo Theatre is coming to a close.

Since 2003, the series has presented plays aimed at young audiences, from companies across the country. However, the current season will be the final one.

Curtis Buck, chair of the

Vertigo board, said in a statement that the series has been artistically successful, but the company is focusing their resources on new play development and mentorship with the BD&P Mystery Theatre Series. They'll continue to support youth engagement through their student matinee program.

Artistic director Craig Hall said it was not an easy decision to end the Y Stage series.

"As the company has evolved, the need to focus our resour-

ces on areas that align most directly with our artistic vision make it necessary to restructure our programming in order to create the greatest opportunities for success," he

said in a statement.

The Y Stage will present The Star Keeper from Feb. 24 to 26, and conclude their final season with The Adventures of Alvin Sputnik: Deep Sea Explorer from April 21 to 23.

The Adventures of Alvin Sputnik follows an adventurer who must reach the bottom of the ocean to find his wife's lost soul — and save humanity in the process. It's billed as a one-man micro-epic about enduring love and the end of the world.

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Craig Hall

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Destruction and how to bear it

BOOKS

Calgary totalled in new book — and Toronto isn't spared

Aaron Chatha
Metro | Calgary

America has King Kong.

Japan has Godzilla.

Now Canada gets its own grisly giant monster on a rampage — a really big bear.

Alexander Finbow, comic publisher and lover of giant monster movies, lamented that fact that it's always New York, San Francisco or Tokyo getting ripped apart in monster media.

Where's the rage for Toronto, Montreal — or his beloved Calgary?

Finbow decided to solve the problem himself, by partnering with Manitoba artist Nyco Rudolph to create a children's fable (that's not quite for children) about bears invading Canadian cities.

The book, *When Big Bears*



In When Big Bears Invade, cities like Calgary are creatively levelled by the hairy behemoths. COURTESY NYCO RUDOLPH

Invade, is framed as a story a grandmother tells children about how Canada's bears became fed up because humans were destroying the environment. So, they strike back — targeting every major Canadian

city.

"We had a lot in there and actually had to cut it down," laughed Finbow, adding he came up with a concept for literally every city, but could only make the book so big.

"Edmonton made the cut. A bear uses the new Rogers arena as a hockey puck to shoot through downtown."

In Calgary, a giant bear literally rips the city from the ground like a tablecloth. In Toronto, a

grizzly swings the CN Tower like a club. The great whites from the north have a polarizing opinion on the oilsands — so they drop giant glaciers on them.

And just when the country is getting their bearings — enter

They feel a privilege that 'my city is important enough to destroy.'

Alexander Finbow

the bear-nado.

Okay, let's paws for a second. Obviously, Finbow had a ton of fun writing the comic, the panda-emic level demolition isn't the only reason people love monster films. It's about representation.

"My guess is we take pride in a place that we call home or have an affinity with," he explained. "They feel a privilege that 'my city is important enough to destroy.'"

Finbow has been writing comics for 10 years. He runs Arts Entertainment with Alan Grant, who has written Batman.

Look out for the book premiere at this year's Calgary Comic Expo.

If it's successful, he hopes to make a second book using the cities that were cut for this issue.

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When life imitates comic book

SCENE YYC

Play delves into gritty world of '40s pulp comic and its writer

Aaron Chatha
Metro | Calgary

Calgarian writers David Rhymer and Kris Demeanor want to take you back to the seedy world of comic books in the '40s.

We're not talking about Batman or Superman here — we're talking about pulp, violent comic books that were exploding in popularity across the U.S.

The duo have turned the period, specifically the life of real writer Bob Wood, into a darkly funny and heart-wrenching musical.

Before the country was swept up in worries that violent video games or rock 'n' roll music would twist young morals, there were comics like the famed Crime Does Not Pay. The comic regularly dealt with

young anti-heroes turning to a life of crime, often with violent ends. One famous cover has a man holding his wife's face against a lit stove.

But before we get to the play, let's talk about the era it's set in.

Comics in the '40s

Comics were kind of considered the first pop media, according to Rhymer. In the '40s heyday, there were about 100 million comics being sold each month.

After the war, superheroes had dipped in popularity, and criminal adventure stories moved in.

Bob Wood and his series Crime Does Not Pay became an overnight sensation, often featuring tales of young workers stuck in dead-end jobs. Looking for a way out from their drudgery and misery, they look to a life of crime to make a buck — often feeling the real work would screw them over.

"There was a glamorous tinge to the stories that add a bit of celebrity regard for the criminal, the same as you would see in modern-day stories about the mafia, where people respect them for do-



Crime Does Not Pay follows the rise and fall of 1940s comic book writer Bob Wood.

COURTESY CITRUS PHOTOGRAPHY

ing it their own way," explained Demeanor.

Unfortunately for Wood, opponents of the violence in these books claimed that copycat criminals were taking cues from comics. The government ended up establishing the Comic Code Authority, which se-

verely scaled back what comic books could depict.

Wood's book was front and centre when the code was brought in — it wasn't the only example, but it's seen as the straw that broke the camel's back, because of its vast popularity. It alone sold five million

copies per month.

The descent of Bob Wood

The play follows Wood through this journey, not only in terms of his comics, but his personal life.

Wood ended up following a similar trajectory as the char-

acters he wrote. He became really famous, but after the code came in, he was no longer employable.

"He fell into a descent and ironically murdered his mistress in a hotel room," said Rhymer. "There's an incredibly irony here; that could have been a character in his own comic book."

Rhymer describes the play as a visual delight — the whole story looks like a comic book, colour and dynamic, with use of projection and of course, a wealth of old and contemporary inspiration for the songs.

Crime Does Not Pay plays at the Downstage Theatre from March 2 to 11. For more information, visit downstage.ca.



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FREEDOM SINGER

Show remixes Canadian-African folk to tell its tale

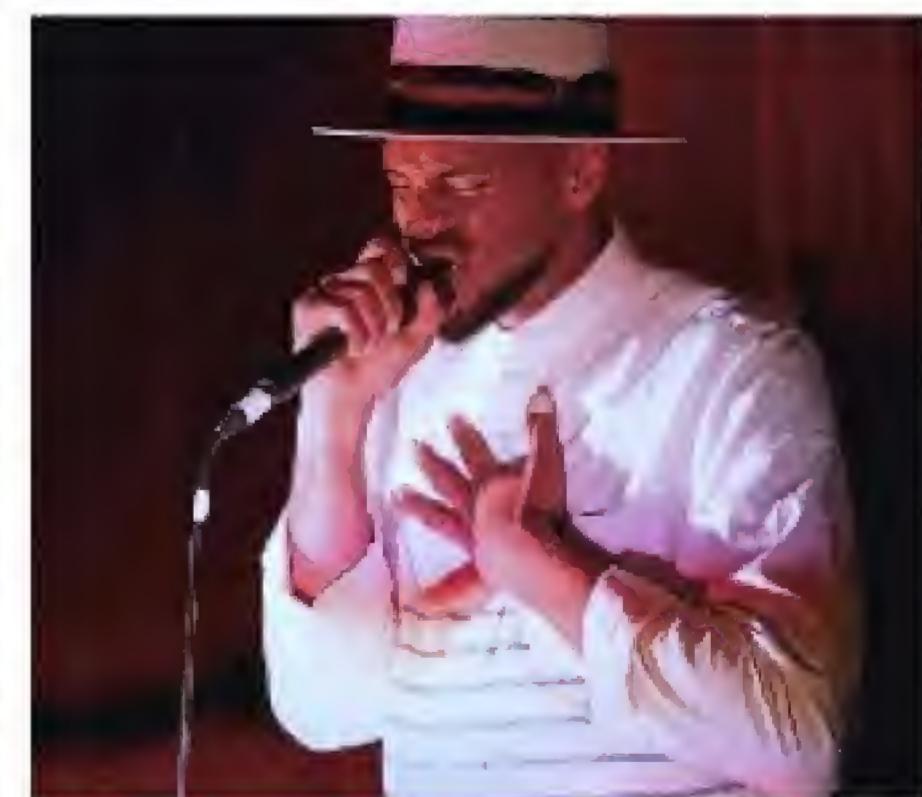
Part concert, part journalism, Khari Wendell McClelland's theatrical concert Freedom Singer delves into his own unrecorded past.

Specifically, McClelland retraced the footsteps of his great-great-great grandmother Kizzy, and her role in the underground railroad, which helped thousands of former slaves escape to Canada.

He remixes the rhythms and folklore of early African-Canadians — the songs of the underground railroad — with contemporary sounds, to weave his story.

"I wanted to have the music feel authentic to me and my experience, and relatable to a generation of people who didn't live in the 1850s, but can relate to those themes," he said.

"It's incredibly moving. It's a powerful feeling (to sing these songs). I think I would describe this show as a live podcast; it's a huge amount of storytelling — it's a theatre experience."



Khari Wendell McClelland uses remixed songs of the underground railroad to tell the story of his great-great-great grandmother. COURTESY RUPINDER SIDHU

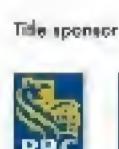
McClelland has been touring the show across Canada as part of local Black History Month programming.

Freedom Singer is supported by the work of journalist Jodie Martinson, and features soul singer Tanika Charles with guitarist Noah Walker.

The show goes up at Festival Hall from Feb. 17 to 19. For more information, visit projecthumanity.ca.

AARON CHATHA/METRO

“I would describe this show as a live podcast; it's a huge amount of storytelling. Khari Wendell McClelland



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Gracie is a one-woman show starring Lili Beaudoin.

COURTESY DAVID COOPER

Growing up Gracie

THEATRE

Powerful play centres on a polygamous community

Aaron Chatha
Metro | Calgary

A 15-year-old girl living in a polygamous community struggles with the pressure to conform. Gracie is a powerful tale brought to life by just one actor on the stage. Director Vanessa Porteous tells us what to expect in the Alberta Theatre Projects production, which runs from Feb. 28 to March 18.

For more information, visit atplive.com.

What can we expect from Gracie?

You're hosted by a really astonishing actress, Lili Beaudoin. This is her first big break, and she plays the role of Gracie from the ages of eight to 15 — and all the other people in Gracie's life. It's really a tour de force theatre experience.

She's a young girl who's being raised by a polygamist community in the interior of B.C. Modelled off a community that's there right now call Bountiful. They're in the news right now — some of the elders and grown-ups are on trial for polygamy and trafficking a minor across the border.

Gracie has a happy child-

hood in this community, but as she gets older, she feels the tug between her family, her faith, her individual needs and personal freedoms.

We watch her struggle and how she navigates that conflict.

What is it about Lili that makes her performance so compelling?

She's super talented. Just super talented.

She's very charismatic on stage — after a while, you totally forget it's just one person on stage. You just follow the story of these characters, and every now and then you remember that all of them are coming from just one actor.

She really paints a whole society through just her voice, her movement and her acting. It's really a once-in-a-lifetime experience.

What is it about Joan MacLeod's language that makes her a fantastic playwright?

I think what's so fantastic about Joan is that she writes from the heart, and she writes a world we recognize. It's a familiar world of mothers and daughters, toys, food and snowy mornings. What fun it is as a kid walking through the snowdrifts.

As those details build up, the drama of the situation kind of starts to grip you.

You start to really wonder, what's going to happen to this girl, what's going to happen when she reaches marriageable age.

WEEKEND EVENTS

FRIDAY

Pollywog Prom

The FrogFest is holding a prom night fundraiser, to raise money for the annual Canada Day long weekend camping festival. The Pollywog Prom is a throwback to the '80s, with DJs playing funk hits through the night and live performances from the Rondel Roberts band and more. For more information, search Pollywog Prom on Facebook.

SATURDAY

Glow Light Festival

Debuting this year is the Glow Winter Light Festival. The downtown core will shine bright through the night with art installations, projections and various theatre-related experiences. And if it gets cold, many of the sites are connected by the Plus-15 network. For more information, visit calgarydowntown.com

SATURDAY

Blue Gala

The Hattori/Williamson School of Ballet swings onto the Calgary dance scene with the Blue Gala. Principal dancers Yukichi Hattori, Tara Williamson and Gallen Johnston are joined by former students and colleagues for a ballet. Attendees are encouraged to come wearing blue. For more information, visit hwballer.com

SUNDAY

Asian Night Market

Learn about food from various Asian cultures at the third annual Asian Night Market, taking place in Marda Loop. Hosted by the University of Calgary Hong Kong Students' Association, Vietnamese Students' Association and Chinese Students' Association, there will be street snacks and desserts. Search Asian Night Market on Facebook. AARON CHATHA/METRO



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Trudeau tries to calm waters across the pond

POLITICS

PM talks Trump, looks for common ground

Fresh from his meeting in Washington, Justin Trudeau sought to bring Europe a message of reassurance Thursday about the anxiety it faces over Donald Trump's antipathy towards the continent.

Trudeau's recent visit to the White House, kicking off a whirlwind week of international travel, was closely watched in the European Union, which endured another round of bashing this week from Trump's pick for ambassador to Brussels.

Trudeau's host, Antonio Tajani, the president of the European Parliament, said Europe views Canada as an important bridge builder in its attempt to forge positive relations with the United States.



PM Justin Trudeau arrives to deliver a speech at the European Parliament on Thursday. GETTY IMAGES

"It's easier for the Canadians to speak to the Americans," Tajani said, seated next to Trudeau at their joint press conference in Strasbourg, France, the seat of the bloc's 28-country parliament.

The Trump-Trudeau meeting on Monday "paved the way for better relations between European Union and the United States of America," Tajani said.

Trudeau elaborated on his

meeting with Trump, saying the two are seeking common ground to help the middle classes of their two countries prosper.

"What I saw from the American president was a focus on getting things done for the people who supported him and who believe in him, while demonstrating that good relations with one's neighbours is a great way of getting things done," said Trudeau.

Trudeau said the Comprehensive Economic and Trade Agreement with Europe would likely be ratified by Canada by the spring and that's when working people would begin to see the benefits of trade deals.

"If we are successful, CETA will become the blueprint for all ambitious, future trade deals. If we are not, this could well be one of the last."

THE CANADIAN PRESS

PARLIAMENT

Sohi gets the last laugh: 'I'm very proud'

Alex Boyd
Metro | Edmonton

Minister of Infrastructure Amarjeet Sohi says he is nothing but proud of his background, a day after a reference to his past as an Edmonton bus driver drew laughter in the House of Commons.

"I'm very proud that — that I was a bus driver serving my community and transporting moms to, you know, when they take their children to daycare or taking students to school," Sohi told reporters in Ottawa Thursday.

"We all come from different backgrounds, and my background is what I'm proud of."

Sohi, who also served two terms on Edmonton's city council, brought up his experience as a transit operator while discussing the death of Irvine Fraser, the driver recently killed in Winnipeg.

In a video taken in the House laughter could be heard coming from the opposition.

"Obviously, I did notice the laughter, but I was there to convey a very, very important message, and that message was to show our support and thoughts and prayers with the person who was stabbed while serving his community," Sohi said.

WITH FILES FROM RYAN TUMILY

VIDEO ON THE METRO APP



Minister of Infrastructure Amarjeet Sohi. THE CANADIAN PRESS

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Answers sought in artist Beaver's death

TRAGEDY

Sister dies in crash travelling to arrange funeral

Indigenous leaders say indigenous artist Moses Beaver has died under what they are calling unexplained circumstances.

Beaver, a renowned Wood-

lands artist, is believed to have died in a jail in Thunder Bay, Ont., Nishnawbe Aski Nation Grand Chief Alvin Fiddler and Nibinamik First Nation Chief Johnny Yellowhead said Thursday in a statement.

Ontario's Ministry of Community Safety and Correctional Services said a male inmate was found unresponsive in his cell at the Thunder Bay jail on Monday night.

Paramedics were called and

the inmate was pronounced dead at a hospital, spokesman Andrew Morrison said in an email.

Beaver's sister, Mary Wabasse, died Wednesday in a collision in Thunder Bay as she was travelling to comfort family members and make funeral arrangements for her brother, Fiddler and Yellowhead added.

"Our community had barely begun to mourn his loss when

the news came that his sister Mary was killed in an accident," Yellowhead said.

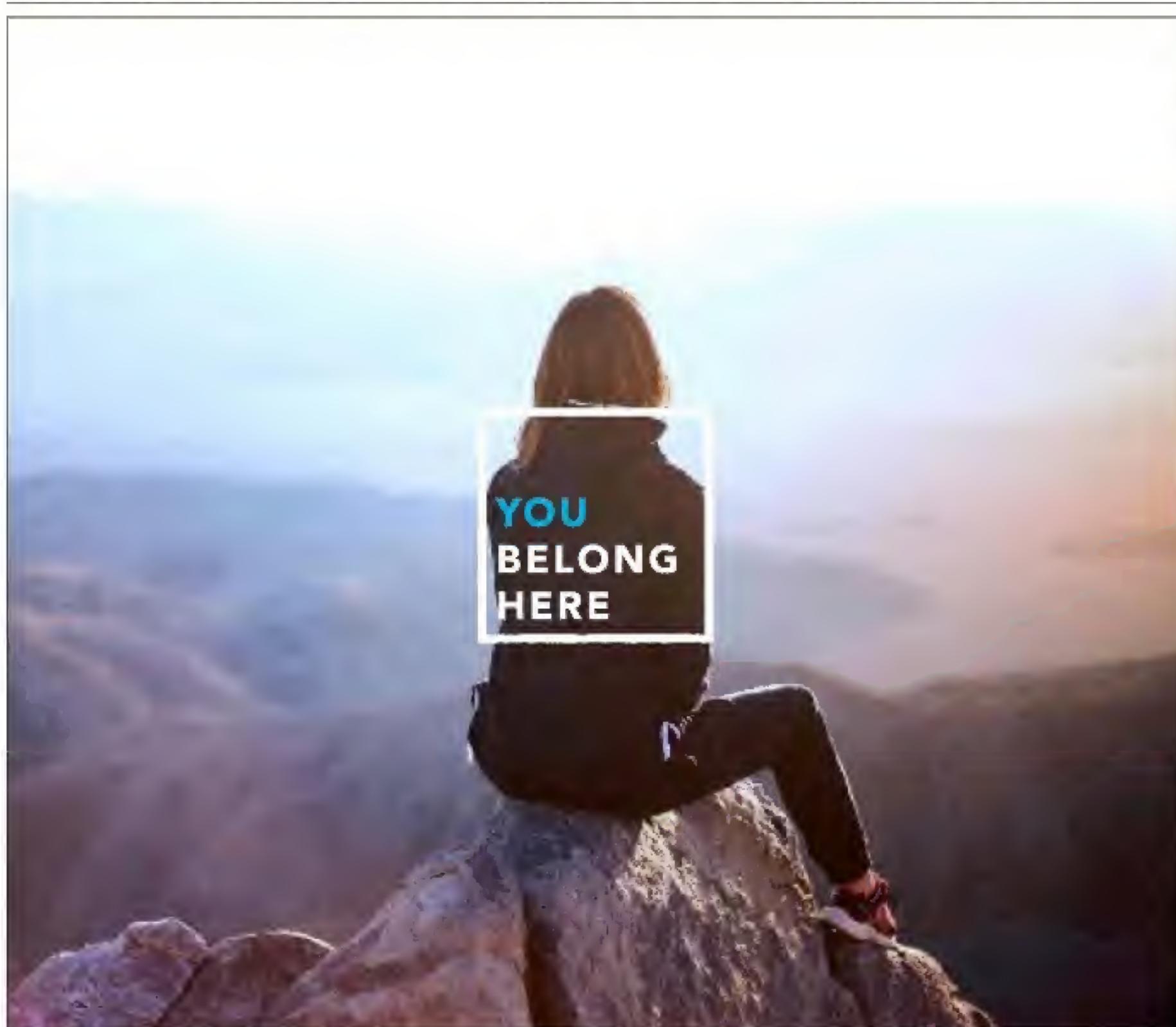
The Lake Superior Art Gallery in Thunder Bay says on its website that Beaver was a self-taught artist who worked with acrylic on canvas, Indian Ink on paper and watercolour.

The gallery also said he had worked with youth within the educational system and in community projects.

THE CANADIAN PRESS



Moses Beaver with a mural he helped paint. TORSTAR NEWS SERVICE



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OTTAWA

Fake pills laced with fentanyl seized

Police say a dozen people have been arrested in Ottawa in a drug investigation related to the trafficking of counterfeit pills containing the deadly opioid fentanyl.

Ottawa police say the investigation began last September and involved Ontario Provincial Police as the pills were also being dispersed to rural areas of eastern Ontario.

They say six men and four women were arrested Thursday morning when officers executed search warrants at a single family residence, two townhomes, two apartments and a storage locker in Ottawa.

Investigators say another man and a woman were ar-

rested Thursday afternoon in Ottawa, and all 12 suspects are expected to appear in court on Friday facing drug and weapons charges.

They say officers seized counterfeit pills containing fentanyl, fentanyl powder, cocaine, and methamphetamine. Police also seized assault rifles, handguns, stun guns, a shotgun, ammunition, more than \$130,000 in cash.

The arrests came after police and public health officials in Ottawa warned residents about counterfeit prescription medication that they suspected was linked to recent life-threatening overdoses in the city.

THE CANADIAN PRESS



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Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at scene@metronews.ca or post to Instagram or Twitter with the hashtag #150postcards.

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United by purpose

ACTIVISM!

Workers, bosses walk arm in arm on Day Without Immigrants

The heart of Philadelphia's Italian Market was uncommonly quiet. Fine restaurants in New York, San Francisco and the

nation's capital closed for the day. Grocery stores, food trucks, coffee shops, diners and taco joints in places like Chicago, Los Angeles and Boston shut down.

Immigrants around the U.S. stayed home from work and school Thursday to demonstrate how important they are to America, and many businesses closed in solidarity, in a protest called A Day Without Immigrants.

The boycott was aimed squarely at President Trump's efforts to step up deportations, build a wall at the Mexican border and close the door to many travellers.

Organizers appealed to immigrants from all walks of life to take part, but the effects were felt most strongly in the restaurant industry, which has long been a first step up the economic ladder for newcomers

to America. Restaurant owners with immigrant roots of their own were among those acting in solidarity.

"The really important dynamic to note is this is not antagonistic, employee-against-employer," said Janet Murguia, president of the Hispanic rights group National Council of La Raza. "This is employers and workers standing together, not in conflict." THE ASSOCIATED PRESS



Protesters participate in a march aimed at U.S. efforts to crack down on immigration on Thursday in Chicago. THE ASSOCIATED PRESS

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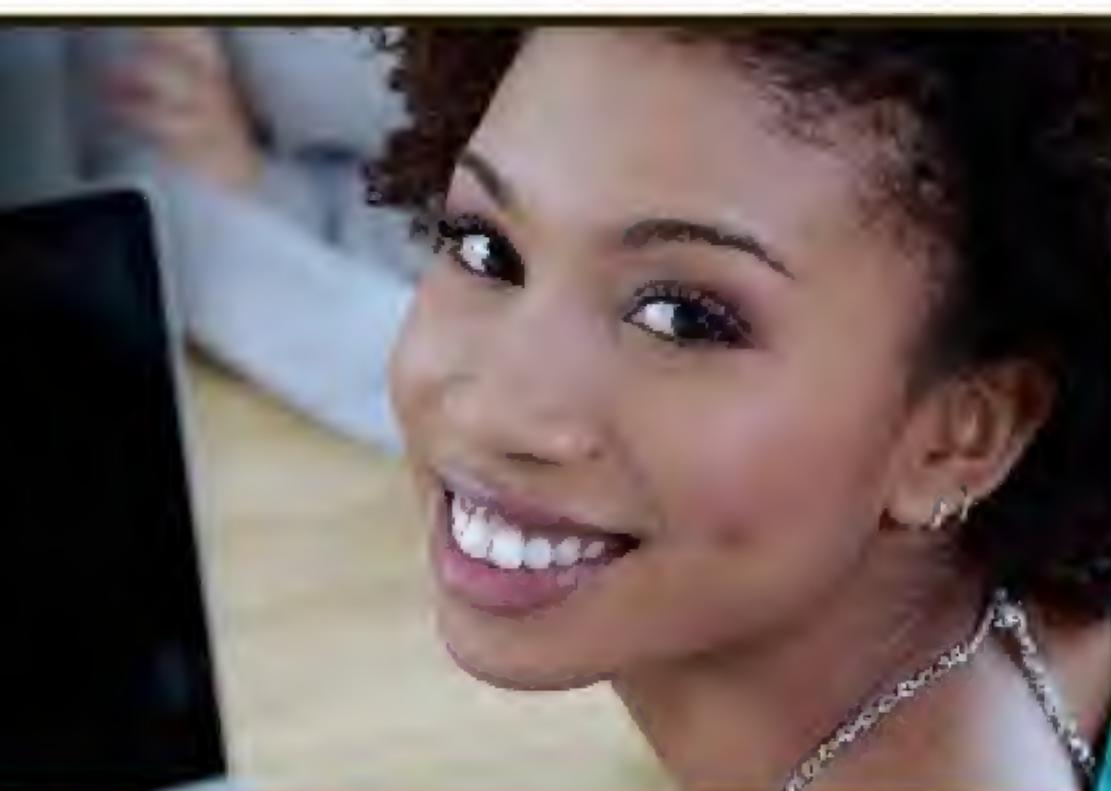
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That — your own personal omniscience — is the promise of this era of crumbling trust: And for enough of us, it seems, it just feels too good to pass up.

Edelman's trust barometer, published this week, shows in polling what anyone paying attention has already seen: Canada is going the way of the U.K., the U.S., and France in tilting dangerously towards a populist moment.

Like our Western neighbours, "trust in business, media, and the government is in trouble."

Everyone living in such period of dramatic change, especially technological, could be forgiven for being fearful.

But anyone willing to use their fear to prop up a xenophobic nationalism is, well, less forgivable.

One way to tell if you're among the latter is via a simple test: Muslims.

As in: Are you afraid of

IN BRIEF

Stork arrives for albatross

The world's oldest known seabird has a new chick.

The U.S. Fish and Wildlife Service said Thursday Wisdom's offspring hatched at Midway Atoll National Wildlife Refuge last week. The Laysan albatross is at

them? As in: Did the Quebec mosque shooting fill you with dread, until you learned it was committed by a young white man with white supremacist, populist ideas?

In the U.S., people don't worry so much about how toddlers with guns accidentally killing people, or the hundreds of white supremacist hate groups, or the one in five women who've been raped or seriously assaulted by a partner, according to the Centers for Disease Control and Prevention.

Those, we understand, are truly dangers, and need not warrant fear. But Muslims? The cultivated terror of them can land you in the White House. Hence Trump's Muslim ban campaign promise.

The sad fact is that we are often wrong. Admitting that is the only route to progress. It's called learning.

Now, for many, learning just doesn't compare to digging in. To denouncing institutions so that you can denounce their facts. To diminishing your own sphere of influence until the only person you trust is yourself.

Donald Trump campaigned on the idea that he was his own best advisor. A lot of people found that preposterous.

But far too many nodded along.

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THE ASSOCIATED PRESS

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BUILT

Revised Muslim ban looms

COURT

Feds ask for stay in legal proceedings, plan changes

The Trump administration said in court documents on Thursday it wants a pause in the legal fight over its ban on travellers from seven predominantly Muslim nations, so it can issue a replacement ban as it strives to protect the nation from terrorism.

Details of the new proposal were not provided in the filing or at a wide-ranging news conference by Trump. But lawyers for the administration said in the filing that a ban that focuses solely on foreigners who have never entered the U.S. — instead of green card holders already in the U.S. or who have travelled abroad and want to return — would pose no legal difficulties.

"In so doing, the president will clear the way for immediately protecting the country rather than pursuing further, potentially time-consuming litigation," the filing said.

Trump said at the news conference that a new order would come next week.

"I will not back down from defending our country. I got elected on defence of our country," he said.

The administration asked the 9th U.S. Circuit Court of Appeals to hold off on making any more decisions related to the lawsuit filed by the states of Washington and Minnesota until the new order is issued and then toss out the decision keeping the ban on hold.

Washington state Attorney General Bob Ferguson said the federal government was "conceding defeat" by saying it does not want a larger ap-



U.S. President Donald Trump calls on a reporter during a news conference where he said a new travel order would come next week GETTY IMAGES



I will not back down from defending our country. I got elected on defence of our country.

U.S. President Donald Trump

pellate panel to review the decision made last week by a three-judge panel of the 9th Circuit. The judges rejected the Trump administration's

claim of presidential authority and questioned its motives in ordering the ban.

The administration attacked the decision in Thurs-

day's court filing, saying the panel wrongly suggested some foreigners were entitled to constitutional protections and that courts could consider Trump's campaign statements about a ban.

The lawsuit says the ban unconstitutionally blocked entry to the U.S. on the basis of religion and harmed residents, universities and sales

tax revenue in the two states. Eighteen other states, including California and New York, supported the challenge.

The appeals court had asked the Trump administration and Washington and Minnesota to file arguments by Thursday on whether a larger panel of 9th Circuit judges should rehear the case.

THE ASSOCIATED PRESS

A presser unlike any other

The leaks are real. But the news about them is fake. The White House is a fine-tuned machine. Russia is a ruse.

Donald Trump's first solo news conference as president has no rivals in recent memory. For all the trappings of the White House and traditions of the forum, his performance was one of a swaggering, blustery campaigner, armed with grievances and primed to unload on his favourite targets.

In nearly an hour and a half at the podium, Trump bullied reporters, dismissed facts and then cracked a few caustic jokes — a combination that once made the candidate irresistible cable TV fodder. He went even further, blaming the media for all but sinking his not-yet-launched attempt to "make a deal" with Moscow.

This was his and his aides' attempt to get the boss his groove back. Trump used the event to try to claw his administration back from the brink after a defeat in court and the resignation of his top national security adviser.

He taunted reporters and waved away their attempts to fact-check him in real time. He (incorrectly) touted his Electoral College total and repeatedly blasted his November opponent — somehow mentioning Hillary Clinton more than anyone else in his defence of his administration's early days. He bragged that his White House is "a fine-tuned machine" and claimed "there has never been a presidency that has done so much in such a short period of time."

If only the news media would give him credit. Over and over, he accused the political press of being dishonest and suggested that any negative coverage of his administration was "fake news." He unloaded a torrent of grievances while positioning himself as the stand-in for the everyman, who, he declared, hates and distrusts reporters as much as he does.

THE ASSOCIATED PRESS

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7	5	4	8	9	6	1	2	3
8	2	9	7	3	1	4	6	5
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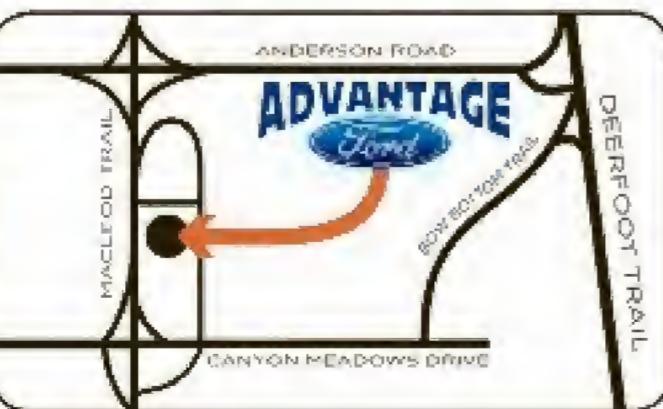
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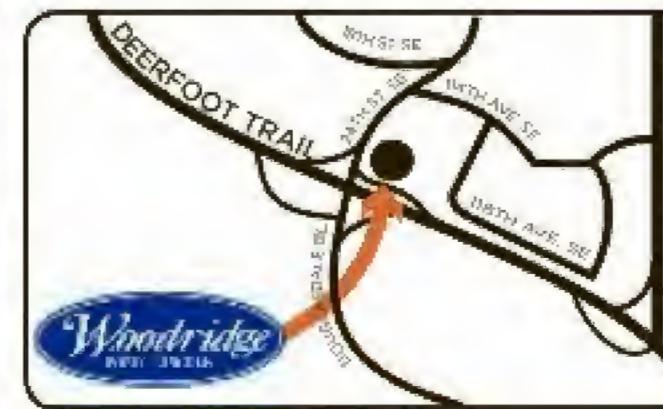
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WOOD
GROUP

Samurai's time to shine

Those who live by the way of the sword are enjoying a bit of a renaissance, as the feudal Japanese warriors get a moment in the spotlight. Here are five examples of cutting-edge samurai entertainment that shows ninjas better make some room for their fellow warriors. TORSTAR NEWS SERVICE



1 Nioh

Already being hailed in reviews as the first must-own PS4 exclusive video game of this young year, this just-released action role-playing video game makes you a European warrior who travels to Japan in search of a mystical spirit and, along the way, engages in awesome sword fights with all manner of demons and enemies.



2 Kubo and the Two Strings

This 2016 stop-motion animated feature is the lovely story of the titular character and his magical musical instrument who, as part of his adventures, must solve the death of his father, the greatest samurai who ever lived. It is up for two Academy Awards, including Best Animated Feature, and is only the second animated film ever nominated for Best Visual Effects.



3 For Honour

This Ubisoft video game — which the Toronto studio had a hand in building — is a take on The Ultimate Warrior, as it pits factions of knights, Vikings and samurai against each other. An open beta version of the game was available last weekend.



5 Samurai Jack

This beloved Cartoon Network series about a time-displaced samurai battling the demon Aku aired for four seasons from 2001 to 2004. It returns for its fifth and final season March 11 as part of the network's Adult Swim block of programming, which targets older viewers. Creator Genndy Tartakovsky returns and trailers point to a darker storyline for our sword-wielding hero. Adult Swim is also live-streaming all the old episodes on its site.

4 Blazing Samurai

Scheduled to arrive in August, this animated film features the voices of Samuel L. Jackson, Michelle Yeoh, Ricky Gervais and more, with Michael Cera playing a hapless dog who dreams of becoming a true samurai to save the town that he lives in.



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Casting Oscar

Every Oscar fist-pumped or tearfully cradled by Academy Award winners is first cast, buffed and fussed over at a foundry far from Hollywood. Workers at the Polich Tallix fine art foundry, about 50 miles north of New York City, began work in late September on the awards to be handed out Feb. 26. Each of the 60 Oscars shipped from the hangar-like production floor is 13½ inches tall with the same distinctive Art Deco features polished to a mirror finish. Polich Tallix, which began making the awards last year, tweaked the look of the stylized knight with an eye toward the original statuettes handed out in 1929. The path of these new statues is worth a close-up. THE ASSOCIATED PRESS



Casting call

Every Oscar starts with a version made of wax, which is repeatedly dipped into a cream-colored ceramic slurry. The ceramic hardens and the wax is melted out to make way for molten bronze. What's left once the ceramic mould is chipped away is a sort of rough-hewn version of the elegant icon. John Menzie and other workers make sure every surface detail — from Oscar's hairline to the film reel it stands on — is hand-sanded and polished to a fine finish.



Best visual effects

When Polich Tallix took over production from a Chicago company, the Academy of Motion Picture Arts and Sciences asked the foundry to create a statue truer to the original. Foundry artist Daniel Plonski made 3-D scans of an early statue and a recent statue, and took desired qualities from each for the newest iteration. Oscar's restoration was subtle; his stylized facial features are more defined, there's a greater hint of his ears and a hair part, and his sword rests in sharper relief between his legs.



And the award goes to...

The statues are shipped to Brooklyn for 24-karat-gold electroplating at Epner Technology, which also is in its second year of Oscar making. President David Epner said that before his company became involved in Oscar production, actor F. Murray Abraham and a couple of other award winners had asked him to plate gold finishes that were wearing off. He vows that won't happen under his process, which includes copper-plating and nickel-plating each statue before gold plating.

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For La La Land composer and songwriter Justin Hurwitz, it's been a long, laborious ride from dreaming up the musical with his old college roommate Damien Chazelle over six years ago to becoming the toast of awards season. PHOTOS: WILLY SANJUAN/INVISION/AP FILE

La La Land composer: it's 'downhill from here'

FILM

Justin Hurwitz is nominated for 3 Oscars this year

For La La Land composer and songwriter Justin Hurwitz, it's been a long, laborious ride from dreaming up the musical with his old college roommate Damien Chazelle over six years ago to becoming the toast of awards season. His catchy score and songs have broken through, too, securing their own place in the spotlight and overshadowing the likes of Justin Timberlake and Lin Manuel-Miranda in the awards races.

In the past two months, Hurwitz has picked up a handful of critics' awards, a BAFTA and two Golden Globe Awards for score and original song (City of Stars) and is nominated for three Oscars — score and two songs (The Fools Who Dream and City of Stars). He knows how unique this moment is, especially for a composer.

Hurwitz recently spoke to The Associated Press about his La La Land score, the unusual production process and how he was an inspiration for Ryan Gosling's character, Sebastian.

This wasn't a typical director/composer relationship during production. Can you describe how?

Normally, the composer doesn't come in until later in the process when the picture is locked. We didn't feel like temp music (temporary music, sometimes from another film) could work in this movie since the language of the music was so important in making it all flow together, so I had an office next to the editing room where Damien and (editor) Tom Cross were working for eight months. Every day they would give me scenes and I would give them the score and they would tweak the scenes to fit the score and I would tweak the score to fit the scenes. The picture and the score were evolving together. It was kind of an unusual process.

Then there were some really weird situations where I was playing the piano while they were shooting — like the scene where Mia (Emma Stone) is at the restaurant with her boyfriend and his brother. I was on set playing the theme because we wanted her to react to it, but we also wanted the music to react to her. I was watching her in the monitor and playing it and scoring it while they were shooting it.

What was the theory behind Emma Stone's naturalistic singing style?

What we were going for would be like Audrey Hepburn in Moon River. Emma has a similarly breathy voice. It's a lovely voice but it doesn't have too



“

Basically my life is downhill from here. This is it

Justin Hurwitz

much of that Broadway belt to it. She can, and she does in Audition, but when she's singing there's lightness and airiness to it that I think is really charming. That kind of voice makes someone feel like a real person a little more. We wanted to still have some reality and vulnerability and humanity in all of it.

You've been working on this for over six years. Do you see yourself in the movie at all?

Damien was modelling the Sebastian (Ryan Gosling) character somewhat on me. During pre-production, he sent the costume designer and the production designer to my apartment to take pictures

and take a look at everything. I was using my piano as a table. I would eat on it and put all my mail on it and pretty much everything was on my piano. Ryan (Gosling) got wind of what they were planning and he said, "I think that's just too sad. I think that's too pathetic." So they made his apartment not quite as austere.

How has this whole awards run been for you?

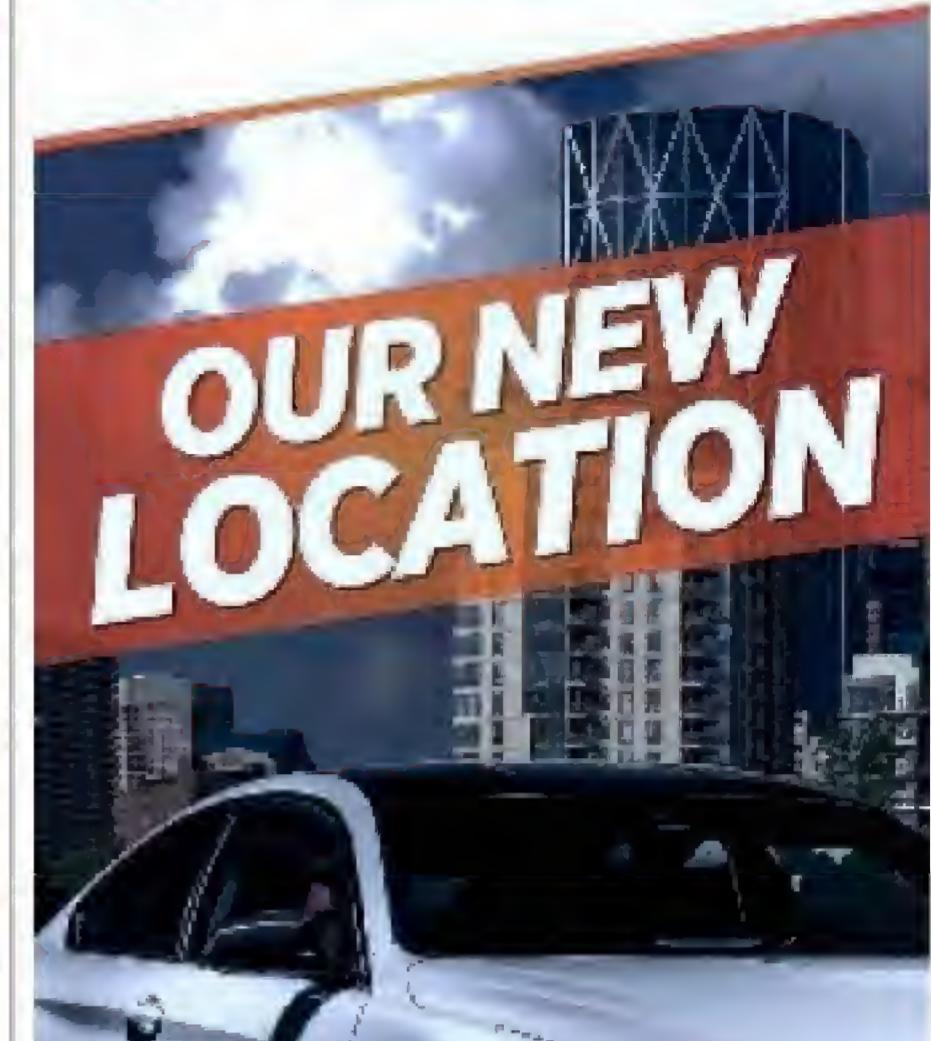
It's been really fun and flattering. It's been tiring at times — getting dressed up as much as I've had to get dressed up. These are not things that I do normally. I'm enjoying it, but I'm also aware that this won't happen again for me, at least in this way, on this level. Composers don't often get opportunities like this. This was such an incredible opportunity, not just to compose so much music for a movie, but to put so much of myself in the movie. Because of the relationship I have with Damien, I got to put my musical voice in such a pure way into his movie. That's a rare opportunity. So yeah, I'll do film scores going forward and maybe I'll do more musicals, but I don't know the next time that I'll get to be so involved in a movie creatively.

What's next?

I'm writing and producing Curb Your Enthusiasm. It has nothing to do with music.

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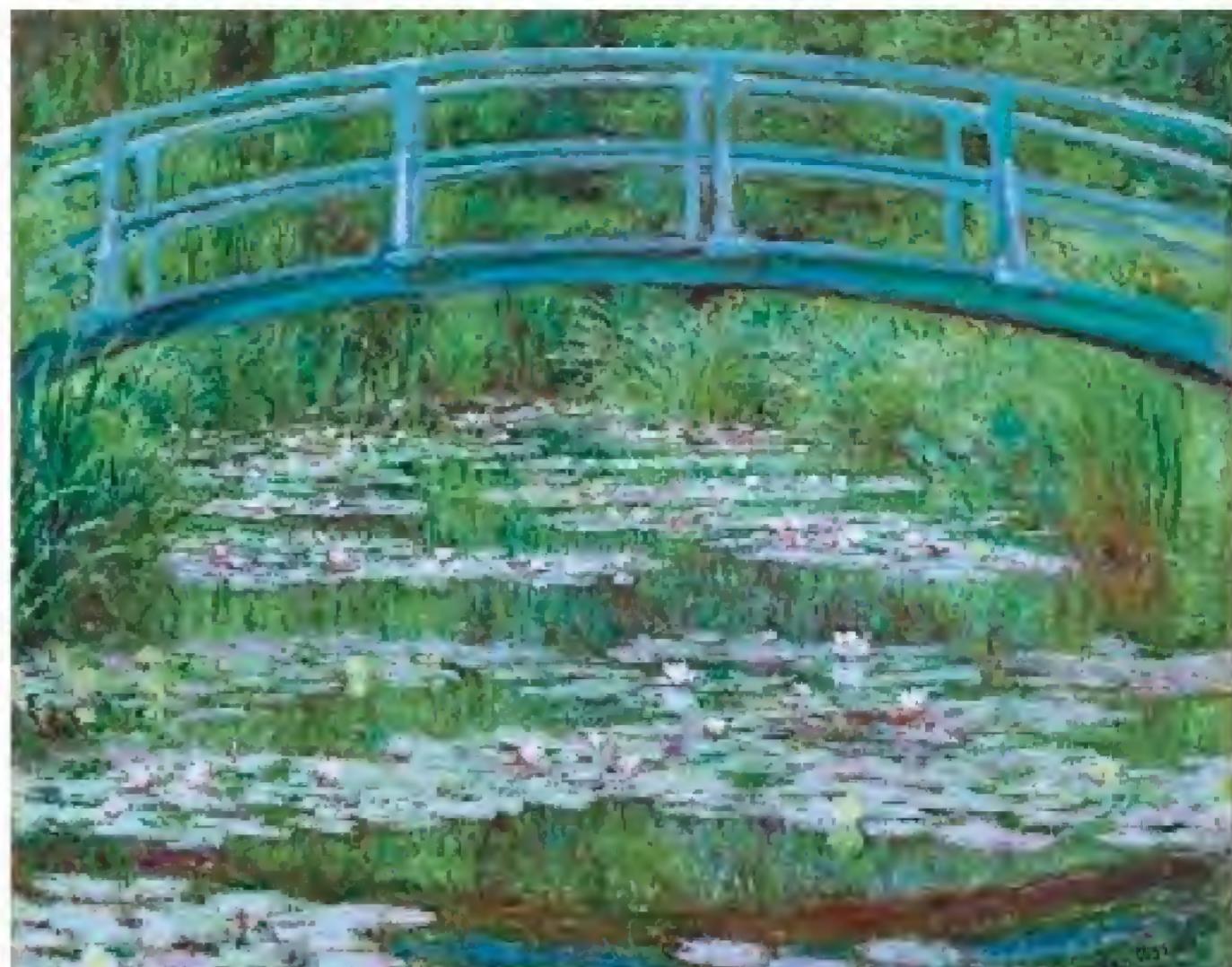
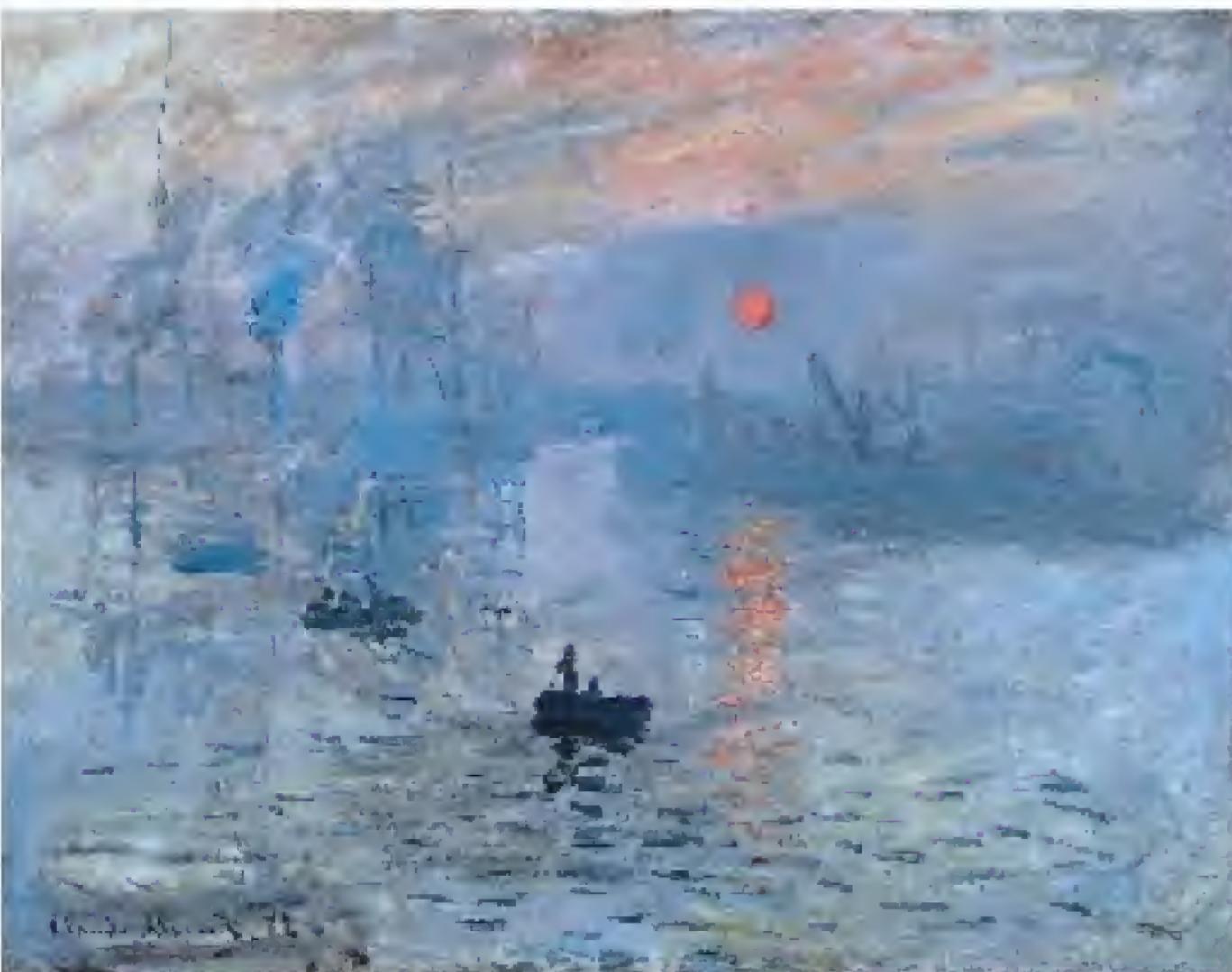
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AMVIC



Phil Grabsky's *I, Claude Monet* brings the French master's most iconic works to movie theatres, including *Impression at Sunrise* (left) and *The Japanese Footbridge*. CONTRIBUTED

Helping Monet make a new impression

CINEPLEX SERIES

How the movie theatre is being turned into a fine art gallery

Steve Gow
For Metro Canada

For many people, going to the cinema to admire old paintings probably sounds pretty boring. But veteran filmmaker Phil Grabsky sees it another way.

"The music of Mozart or the paintings of Monet are extra-

ordinary and something we can indulge ourselves in and be motivated by," insisted the award-winning director recently from London. "And at the cinema, where you're not distracted by your phone for 90 minutes, you'll be moved by it."

Sparked by this theory, Grabsky has teamed up with international galleries to bring art lovers unprecedented access to the world's greatest artwork on the big-screen. His latest film — *I, Claude Monet* — uses 2,500 narrated letters to accentuate the stunning work of one of French Impressionism's founding fathers.

"Obviously I've got lovely

visuals to work with," said Grabsky. "It's a film to see in the cinema because many of us know some of the works of Claude Monet but to look at them again fresh, you do get a sense of just why he was an extraordinary painter."

Premiering on Feb. 22 as part of Cineplex's *In The Gallery* event series — *I, Claude Monet* may shed insight on the French painter but it's also about introducing art to the mainstream.

"We're trying to find another audience that doesn't want to see Thor," said Cineplex Events VP Brad LaDouceur, whose aim was to boost attendance on

quieter evenings through those "who want to see artists."

"You go to the movies and it's a great way to escape the everyday world, but what's great about the programming that Cineplex events does is how we can add to your knowledge of a genre, of an artist or a ballet company."

Going to today's theatre to view 19th century compositions is also a relatively modern affair. Not only are crowds booming for the gallery series but the experience may actually aid the enjoyment of the art itself.

"I went to see the Mona Lisa (and) I felt like I was being

ARTISTIC APPRECIATION

On making Claude Monet more mainstream:

"I'm really trying to give you a pleasurable, educational entertaining experience," said Phil Grabsky. "These films aren't supposed to be hard work. You're supposed to come out thinking it's amazing what we as human beings can do with paint."

"*Impression at Sunrise* is one of those paintings that many of us had on our walls or seen on endless post-cards. But when you see the actual spots and then get a sense of what he did, it just heightens your appreciation for him." STEVE GOW/FOR METRO

pushed out," recalled LaDouceur of a crowded visit to *The Louvre* in Paris. "But when you see your first gallery presenta-

tion, you don't have the crowds (and) you're going to get a high-definition shot of some of the most brilliant pieces."

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A little bit more about four movies that are being released this weekend

1 A Man Called Ove

(Starring Rolf Lassgård, Ida Engvoll, Filip Berg and Bahar Pars; Directed by Hannes Holm; 116 minutes; PG) A Hollywood adaptation of this Swedish heart-tugger is probably inevitable, especially if it wins the Oscar for Best Foreign Language Film later this month at the Academy Awards.

It won't be necessary. *A Man Called Ove* shamelessly, but also quite movingly, hits all the required notes of the most pandering of feel-good Tinseltown sagas, with its story of a grouchy guy who turns out to have a heart of gold and a past worth sighing over.

Writer/director Hannes Holm, working from a popular novel by Fredrik Backman, eschews the astringent and absurdist comedy of such Scandinavian contemporaries as Roy Andersson and Bent Hamer. He instead makes a comic Kumbaya, embracing a



world view that would make Donald Trump shudder: one where neighbours of varying nationalities, sexual orientations, physical abilities and ages learn to happily get along together, even if they do a fair bit of crabbing beforehand. A movie this Hollywood might just win the Oscar, but all the tears and smiles are earned.

2 Land of Mine (Starring Roland Møller, Louis Hofmann; Directed by Martin Zandvliet; 90 minutes; 14A)

The Second World War is over in Europe and for the Danish people, oppressed and ill-treated during a

long German occupation, it's payback time. Sergeant Rasmussen is given command of a massive mine-clearing operation along the country's idyllic beaches, using young, untrained German soldiers to do the dirty (and deadly) work. The movie, based on actual events, was deservedly nominated for a best foreign film Oscar. Writer/director Martin Zandvliet masterfully creates a suspenseful, sorrowful and memorable tale.

3 A Cure For Wellness (Starring Dane DeHaan, Jason Isaacs; Directed by Gore Verbinski; 146

minutes; 18A) Is there a cure for a disappointing ending? Because *A Cure for Wellness* has a bad case of it and that's a shame because the film shows such initial promise. Dane DeHaan plays a young, ambitious corporate exec from a big U.S. firm sent on a mission to a Swiss clinic high in the Alps to retrieve a senior honcho whose presence is urgently required. He finds himself being sucked into a strange and

creepy vortex and intrigued with a free-spirited young woman. Bojan Bazelli's cinematography creates an eerie sense of place, setting the stage for the unravelling of the mystery of what's in the water that makes the clinic denizens so disinclined to get better and go home. But the film is overstuffed and overlong, collapsing under the weight of a silly conclusion.

4 Kedi (Directed by Ceyda Torun; 80 minutes; G) Colourful and ancient,

Istanbul is also home to thousands of street cats. They roam the city, queens and kings of all they survey, occasionally deigning to cuddle up to the humans who provide them with food, shelter here and there, copious amounts of love and even the occasional antibiotic. Turkish-born director Ceyda Torun, in her first feature-length documentary, and cinematographer Charlie Wuppermann provide a cat's-eye view of the world that showcases both the warm-hearted people of this ancient Turkish city and the seamless integration of its felines into everyday life. TORSTAR NEWS SERVICE

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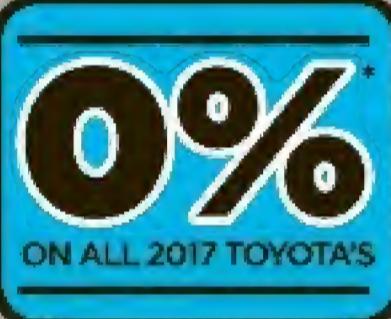
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Siff's string of empowered characters

TV

Billions actress has blazed a powerful path through drama

Last season, *Billions* performed a delicate balancing act.

Chuck Rhoades, the powerful and perverse U.S. Attorney (played by Paul Giamatti), was locked in a legal cage match with hedge-fund titan Bobby "Axe" Axelrod (Damian Lewis). But through it all, Wendy Rhoades kept a foot planted in both worlds: as the wife of Chuck and top aide to Axe.

Now, in this Showtime drama's sophomore season, the equilibrium is shattered. Wendy has separated from her husband and bolted from Axe's firm, leaving those combatants to clash even more ferociously.

The only sure thing about the narrative breakup: Wendy Rhoades can take care of herself, and, when necessary, cut Chuck and Axe down to size. On a show that pits two alpha males against each other, Wendy stands tall as a reigning alpha woman.

"This season you see her trying to walk a line with each of them while she maintains her dignity and distance," says Maggie Siff, who brings Wendy vibrantly to life. "To find her own moral centre, she had to shed the two of them."

On the premiere (Sunday at 10 p.m. EST), you'll see Wendy spurn Bobby Axelrod's overtures to return as the in-house psychotherapist and performance coach.

"There's this thing that happens when we're in a room



Paul Giamatti portrays Chuck Rhoades, left, and Maggie Siff portrays Wendy Rhoades in a scene from the Showtime series, *Billions*, airing Sundays at 10 p.m. JEFF NEUMANN/SHOWTIME VIA THE ASSOCIATED PRESS

together," she says sharply as he works his charm. "But I'm shutting it off. I HAVE shut it off."

And you'll see her stand up to Chuck when he rages. "I always knew I'd end up smeared by Axelrod's poison," for which he blames his wife as having served as the carrier: "Proximity is enough."

"I no longer have proximity

to it," she sneers, "and YOU no longer have proximity to ME."

Wendy is an unusual character for series TV, and a distinctly different character than Siff has played in the past. And yet all her women share a common bond: They're strong, smart and commanding even in a crowd dominated by men.

For six seasons on FX's hit drama *Sons of Anarchy*, Siff

played Tara Knowles, the physician wife of a motorcycle-gang leader who could hold her own, and then some, in that wild-and-woolly world. (At least, until she was stabbed to death in her kitchen with a barbecue fork by, ironically, another woman: her mother-in-law and the club's grande dame.)

"When we first started that series (in 2008) I didn't expect it would become the sensation it did," says Siff in her quiet, thoughtful way, "but it tapped into something tribal in the audience's psyche. It was so pulpy in its violence, yet also had this operatic family drama at its centre even when the violence crossed the line — MY line, at least. There were

scenes I couldn't watch!"

Siff came to "Sons" from her brief but emblematic stint early in *Mad Men*, where she played Rachel Menken, the bold heiress and boss of a New York department store who became romantically involved with ad man Don Draper.

Unlike so many of his conquests, Rachel soon recognized

that their relationship was not one for the ages. She cut her ties with Don, this caddish married man and dad, when he proposed they leave it all behind and run away together. Years later, Don (and the audience) would learn that Rachel had died of leukemia — but not before she made a brief comeback. Siff was pleased to shoot this fleeting encore for

the series' final season.

"I always wanted Rachel to circle back through that world," she says.

But the one-minute scene she was asked to play (the only portion of the script she was privy to) made no sense to her, especially after series star Jon Hamm tipped her off that her character was dead.

"I said to (series creator) Matt (Weiner), 'What's going on?' He said, 'It's a dream. Just do a dream!' She did, with a chinchilla coat obscuring tell-tale evidence that she was pregnant with Lucy, now 2 1/2, by her husband, design consultant Paul Ratliff. "I had no idea how the scene lived inside the episode until I saw it on TV along with everybody else," she says.

A woman who began her career in experimental theatre in Philadelphia and then off-Broadway, the Bronx, New York native, now 42, admits to surprise at her repeated success in TV drama. But surprise has been a driving force in her career, she explains: "You have to surrender yourself to what finds you in this life."

Despite no sign of surrendering, she finds herself now in an acclaimed drama alongside two leading men she calls "phenomenal actors and phenomenal human beings."

"Damian is so subtle but so precise as an actor," she says, "while Paul charges out of the gate with so much life. Their energies are very different. It's fun to float between them as scene partners." And for "Billions" viewers, there's more fun ahead watching Siff power between them as the forceful link in this tangled tale.

THE CANADIAN PRESS

Damian is so subtle but so precise as an actor, while Paul charges out of the gate with so much life. Their energies are very different. It's fun to float between them as scene partners.

Maggie Siff who plays Wendy in *Billions*

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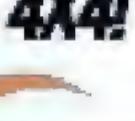


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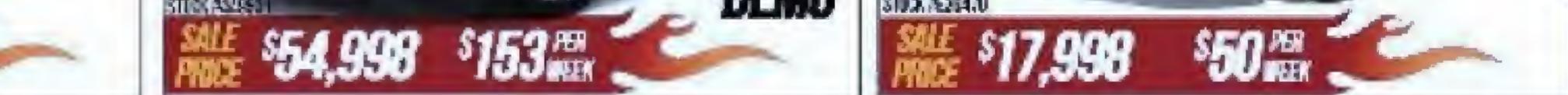
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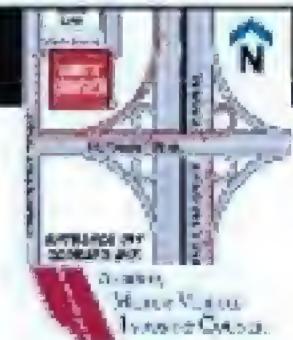
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Q&A

DJ A-Trak talks about evolving in unforgiving industry

Serving up curve balls to club kids is a skill DJ and producer A-Trak considers his speciality.

The Montreal-native, known for mixing hip hop and electronic beats, has whisked together sounds for Kanye West and created hits like 2010's *Barbra Streisand*, as part of the Duck Sauce duo. But he says staying fresh in the evolving world of party music isn't as easy as it looks.

"I've had to be keenly aware to not be some sort of passing fad," the 34-year-old performer says. "It's a delicate game of nudges and shifts."

Twenty years ago, A-Trak, born Alain Macklovitch, got his first experience in surprising listeners. He was a scrawny 15-year-old kid when he stepped behind his turntables and demolished the competition at the 1997 DMC World Championships, becoming the youngest-ever winner of the record scratching title.

Since spinning his experience

into a solo career, A-Trak has drafted numerous club bangers, many which appear on his recent greatest hits collection *In The Loop: A Decade Of Remixes*.

The DJ recently spoke about stirring up the party scene:

Many DJs last only a few years before they sound stale. Is that a challenge?

It's a bit more of a topic in hip hop than in dance music — and my career spans both genres. In hip hop, every three to five years there's some sort of reinvention. In dance music, there's a lot of career DJs, like Armand Van Helden and Tiesto. Maybe hip hop is just a bit more youth-driven and unforgiving, it's even more important to stay ahead of the curve.

Is there a secret to survival?

You've gotta stay up on new music — that's our job as DJs. You don't want to ever become the guy who's too nostalgic, who says, "I miss the way music was 15 years ago." But that can be tricky ... I'm 34 and some of my friends are 21. I definitely ask them all the time, "What's your jam?" You have to — it's research.

What's the next trend?

Everyone loves to say the (electronic dance music) bubble burst — all the way to club owners changing the programming of their clubs. But it has not. If you look at the (Top 10) charts every week you see DJ Snake, the Chainsmokers and Major Lazer. I had a conversation with a friend recently who was like, "I'm not sure what kind of music to make right now." Me personally, those are my favourite periods of time.

Your remix of the Yeah Yeah Yeahs song Heads Will Roll has been in video games, movies and TV series. How do you get a remix job?

With official remixes the original artist or their manager commissions it. So I'll accept a request, receive (audio) files and make my version. There are also a number of remixes done "on spec." So a label approaches a remixer who might have a little less standing and say, "Do you want to have a try? I can't guarantee we'll pick it up and pay you, but give it a shot." So the remixer will try it. They can say, "Cool we love this, here's (some)

money" or "Eh, we don't love it. You can put it on your Soundcloud."

Is that fair to producers?

Eh, well, it's a market. And there's plenty of producers more than happy to receive those files and just have a go at it. In the Soundcloud generation there's always an outlet. Even if the band doesn't decide to actually sell it through their label, the remixer (can say) "Cool I'll just give it to my friends and we can play it (at our shows)."

You're favouring making original tracks. Why?

I came to realize the way I approached my remixes could be applied to original songs. A lot of people don't realize when you make a remix it doesn't belong to you. We get a flat fee for hire. For the remixer it's a way to get our name out. But there's a point where you start thinking, "I should keep some of this work."

THE CANADIAN PRESS

I'm going to make what I hear in my head and not even think of comparing it to what's out there

DJ A-Trak



Throwing curveballs to club kids is something DJ and producer A-Trak has turned into a vibrant career.

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Website takes aim at infertility 'taboo'

HEALTH

Since launch, Pregnantish has had strong following

New York-based relationship writer and media personality Andrea Syrtash has been hiding a secret.

"While I've been on TV, I've had fertility shots in my purse, I've ran back and forth to my doctor, I've shown up on set after I've miscarried," Syrtash, a Toronto native, confesses in an introduction video for her new website Pregnantish.

"I've been navigating a five-year fertility story that I cannot produce, as much as I try," she says wryly.

After searching for resources and only finding dry, clinical approaches to infertility, Syrtash started an online community that focuses on the emotional, spiritual and relationship aspects of infertility. Since its soft launch on Jan. 24, Pregnantish has had thousands of hits.

We spoke to Syrtash about Pregnantish, her challenges with fertility and why information on parenting or medical websites just doesn't cut it.

If you're not heterosexual and you're not adopting and you want children, you're going to need infertility treatments or some kind of support.

Andrea Syrtash

What was the inspiration behind Pregnantish?

I think we're serving a need that's been very underserved, which is to create lifestyle content that's not medical that helps people navigate the often overwhelming process of fertility treatments and infertility. I created Pregnantish because I felt there was a real gap in the marketplace, and there was a place that was needed to help people with the personal and practical sides.

Why do you think this gap exists in the first place?

I think there's still, sadly, a bit of a taboo around infertility. I think part of the reason is because people going through it aren't necessarily open about what they're going through. And this obviously isn't just affecting women, but I think anytime it comes to women and their bodies and their reproductive lives, people get uncomfortable talking about it. I'm hoping we have more dialogue and smart talk about this because it's affecting millions of people.

Has building this resource helped you deal with your own challenges?

It's been helpful for me because even though I'm still going through (treatments) and that's not easy, I do feel encouraged that I'm helping other people. It feels very authentic for me to support people who are going through this life-and-relationship challenge, and I'm reminded, every day, that I'm not alone. What I've learned is you either have personally been affected by this in some way or someone you know is

going through it.

Pregnantish has sections for singles and members of the LGBTQ community. Why was that important for you?

I included both singles and LGBTQ because I know that it's affecting both. Obviously, if you're not heterosexual and you're not adopting and you want children, you're going to need infertility treatments or some kind of support. My mission statement is

that we're helping the millions of people — singles, couples, LGBT — navigate the personal and practical parts of infertility and fertility treatments.

What do you hope users take away from the site?

I want them to feel that they shouldn't feel ashamed. We need to connect, we need support and it's OK to admit that we need that. While you're going through infertility, you don't

necessarily want to have to go through pages of happy families, pregnant women, to get to your section on infertility, so I want people to know, there's a destination for us. And it's not a sad place, there's a lot of uplifting content, there's a lot of support, there's community.

Pregnantish officially launches on April 23, the start of National Infertility Awareness Week.

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Andrea Syrtash, the creator of Pregnantish. TORSTAR NEWS SERVICE

It's time to say bye to those sexist ideas

COMEDY

Writer pushes back against many sexist cultural norms

When writer and performer Sandra Shamas scanned a magazine rack at a major chain bookstore a few years ago, she didn't see many faces that looked like hers.

"There were no 50-, 60-, 70-year-old women on the front cover," Shamas, 59, said. "Except Oprah, because she owns the f---ing magazine."

This revelation became a bit in her new one-woman show, *The Big 'What Now?'*, which closes an extended run at the Harbourfront Centre in Toronto this weekend.

Shamas, who has made a career of sharply honest observations, an unwillingness to do anything as suspect as "acting her age," and a liberal use of profanity, tells audiences to push back against the sexist cultural norms that have long dictated women's behaviour and appearance at any age.

The magazine rack was "ex-

tremely sobering," she said. During her younger years, she felt at least somewhat represented in the media. "I was getting hints, but now I was ... invisible," she said. The academic term for this lack of representation, she tells the audience, is "symbolic annihilation."

But if Shamas was cruising for magazines today, she'd notice at least one non-Oprah woman on the cover of a major publication. At 63, Christie Brinkley returned to *Sports Illustrated*, likely the oldest woman ever to carry their swimsuit issue.

"My first thought was, 'At my age? No way!'" Brinkley told *People* magazine. The former supermodel later posted on Instagram that women "do not come with an expiration date."

Brinkley is the latest in a long-ish line of famous, olderish women who have returned to the public eye despite reaching an age when they were once expected to gracefully disappear, or who have been featured because of their fine lines, not despite them.

The most recent of the famed Pirelli calendars — launched in 1964 by a tire company, the first editions featured sexy pin-up

girls destined to become wall decorations for auto mechanics — showcased actresses Uma Thurman (46), Nicole Kidman (49), Julianne Moore (56), Charlotte Rampling (71) and Helen Mirren (71). They weren't wearing makeup; any crow's feet remained unairbrushed.

"As an artist, I feel I have a responsibility to free women from the idea of eternal youth and perfection. Society's ideal of perfection is impossible to achieve," photographer Peter Lindbergh told reporters at the calendar's launch in late 2016.

TV producers also appear to be embracing aging as a normal, not to mention inevitable, process.

Over the past year, several shows have undergone a "reboot," in which the original cast returns for a victory lap. In many cases, the female stars first appeared in their 20s or early 30s and now, visibly, approach middle age.

Famous women no doubt have genetic, economic and possibly surgical advantages the average middle-aged Canadian can't claim. But willingness among older women to embrace aging is backed up by

a 2016 study in the *Journal of Women & Aging* that looked at the impact of getting older on women's well-being and found younger women face greater anxiety around their looks.

Richmond Hill, Ont. resident Mara Shapiro, 48, understands that well.

"Women's beauty doesn't diminish as we get older," she said. "I look at my face in the mirror and I actually think I look better than when I was 30. I'm more interesting. My eyes have more knowledge. I have more to offer and to share."

Shapiro and her friend Randi Chapnik Myers run *Brazen-Woman.com*, a lifestyle website for women over 35. She often hears the complaint that women don't see themselves represented authentically.

"I think the biggest thing is to change the conception of what a woman 'my age' looks like. Women at 48 look all different ways," Shapiro said.

When this demographic isn't seen, women lose out because they are less likely to encounter genuine role models and others are less likely to see beyond stereotypes, said University of Toronto psychology professor Alison Chasteen, who has studied the effects of negative perceptions of aging on individuals.

Successful role models can help bust stereotypes, she said. Those include the tennis-playing retiree, the nurturing but asexual grandparent, the shrew curmudgeon, the recluse, the physically frail or cognitively impaired elderly. And women are more negatively affected than men, Chasteen said.

Toronto cultural critic Candace Shaw said mainstream media, movies and TV have a long way to go.

"We're seeing some movement, but it's on the back of nostalgia," she said, pointing to shows starring familiar faces Jane Fonda and Betty White, and adding most of the roles remain conventional "mom"-type characters.

There's also a financial imperative for production companies to cater to baby boomer women and audiences looking for more diverse casting generally, Shaw said.

Most of the recently celebrated women are white, thin, conventionally feminine and attractive, and able-bodied, Andrew noted. Many also appear much younger than their biological age. "not Barbie but Older Barbie," said co-founder and diversity consultant Aisha Fairclough.

"It's a check-mark, but there's nothing behind it. So they're older, but they all look one way. Diversity doesn't mean one thing," Fairclough said.



Christie Brinkley is returning to *Sports Illustrated* at age 63 with her two daughters, Alexa and Sailor. CONTRIBUTED

There were no 50-, 60-, 70-year-old women on the front cover. Except Oprah, because she owns the f---ing magazine.

Sandra Shamas, pictured below



An exception is black actress Jasmine Guy, 54, who starred as Whitley on *A Different World* in the late '80s but endured "what happened to her face?" criticism when she reappeared as a grandmother on *The Vampire Diaries* and now as a professor on BET's *The Quad*.

"There's massive pressure to age the 'right way,'" Fairclough said.

As for Shamas, she is heartened by the emergence of more

women her age and older. These women are, like her, "coming into their own," and are deciding what a modern, middle-aged woman can look like and act like, as well as how long they remain publicly active.

"We're writing the instruction manual right now by living our lives," she said. "Our culture thinks we're outdated. We're now deconstructing that culture, just by being who we are."

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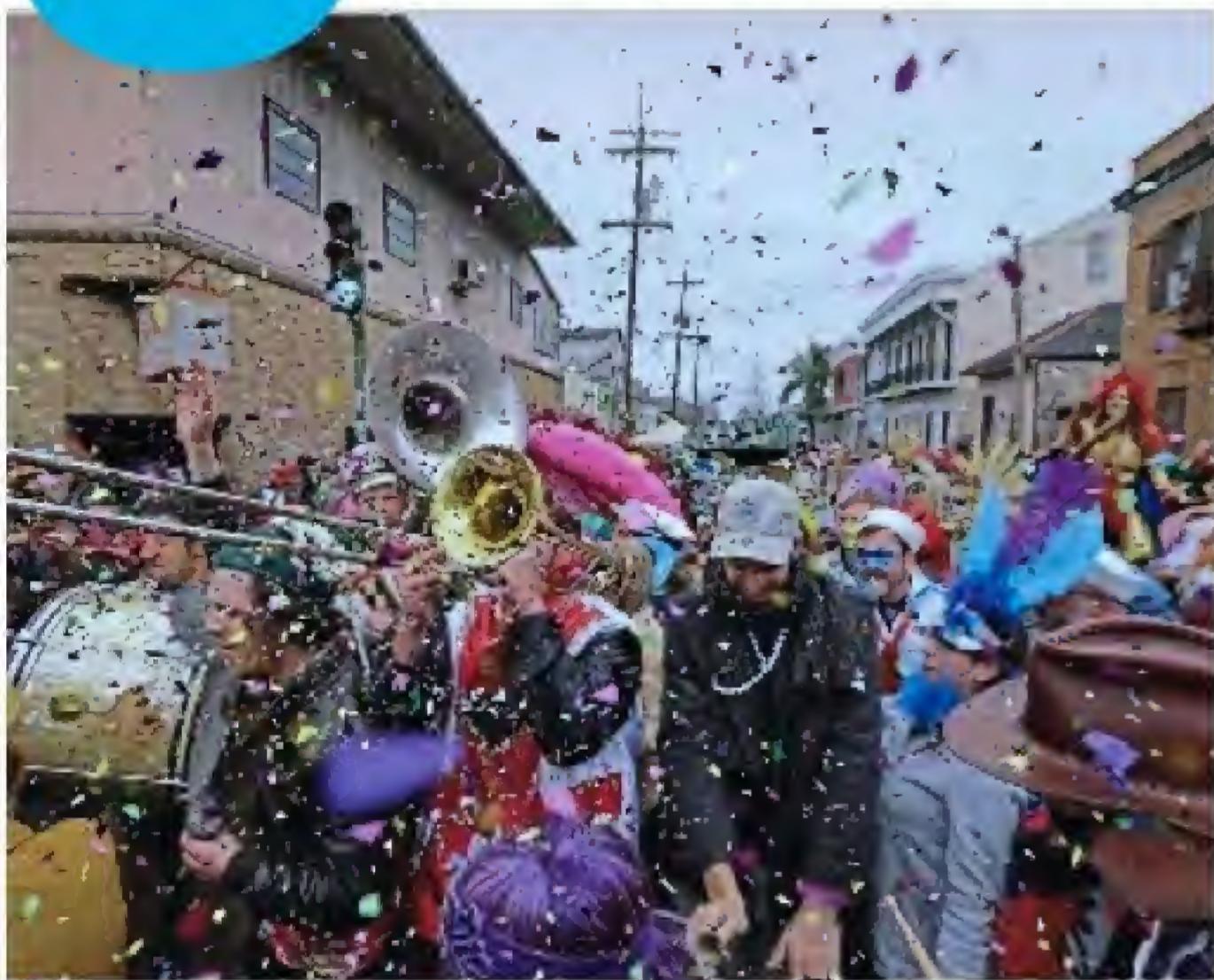
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5 WAYS TO CELEBRATE MARDI GRAS

5

New Orleans is entering the height of its pre-Lenten Carnival season, culminating on Mardi Gras, or Fat Tuesday, which falls on Feb. 28 this year. Visitors face an abundance of choices on how to take it all in. Revel in the bawdy French Quarter or catch a parade? March in a parade? Wear a costume? Do it all?

THE ASSOCIATED PRESS



1 Watch a parade

There are dozens of New Orleans area parades. The major ones, with marching bands and masked riders who throw beads and trinkets from elaborate floats, begin this year on Feb. 17. Most follow a route along historic St. Charles Avenue onto Canal Street, the broad downtown boulevard at the edge of the French Quarter — although the giant floats of Endymion, the celebrity-studded procession set for Feb. 25, lumber through the Mid-City neighbourhood.

Often overlooked are the smaller processions. For instance, Krewe du Vieux's satirical and raunchy parade with smaller, hand-drawn floats rolls through the French Quarter and neighbouring areas on Feb. 11. A week later, sci-fi, fantasy and horror fans don costumes evoking a variety of pop culture icons from Ewoks to zombies for the Intergalactic Krewe of Chewbacchus and stroll through Marigny.



2 Be in a parade

Getting a spot in a Carnival parade is the ultimate participatory experience. Some of the old-line parade "krewes" are famous for their exclusivity but others are open to anyone who can afford it, although spots are limited and should be reserved in advance. Costs include membership fees, costumes and "throws" (beads, little stuffed toys, etc.).



4 Wear a costume

Feathered masks, funny hats and boas are available at souvenir shops and from vendors along the parade route. Many visitors make their own. In 2011, coveralls splotched with black were among the outfits lampooning BP after the Gulf of Mexico oil spill. Still others go for professionally made store-bought or rented regalia.



3 See the costumes

Mardi Gras is one big costume party. Some outfits are simple: multi-colored wigs, glittery masks, oversized hats. Others are elaborate: shimmering bodysuits with feather headdresses fanning out like peacock tails. Find the most intricate and outrageous on display at the annual Bourbon Street awards at the intersection of Bourbon and St. Ann.



5 Behave yourself

Mardi Gras takes place in a city famous for all-night bars and drinking in the streets but there are limits. More than 170 state troopers will supplement the nearly 1,200-member police force. Last year, 334 arrests were reported in the 10 days leading up to Mardi Gras along the parade route and in the police district that includes the French Quarter.

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TRAVEL NOTES TOURISM RECORDS, CRUISE SHIP AWARDS AND A PROPOSAL FOR A NEW WALL IN PARIS

Caribbean sets tourism record

Caribbean tourism officials say the region received a record number of visitors last year as arrivals topped 29 million.

With a majority of visitors coming from the U.S., officials expect a slight drop in tourism due to uncertainty surrounding actions the president may take. The region also saw growth in visitors from Europe and the U.K.

THE ASSOCIATED PRESS

**Disney Dream wins Cruise Critic award**

The cruise ship Disney Dream won best overall large ship for the third consecutive year in the Cruise Critic Cruisers' Choice Awards.

The awards are based on ratings submitted with thousands of reviews to CruiseCritic.com from travellers during a 12-month period. Disney Cruise Line scored tops in eight categories.

THE ASSOCIATED PRESS

**Eiffel Tower getting a makeover**

Paris authorities say they want to replace the metal security fencing around the Eiffel Tower with a more visually appealing glass wall. The proposal will be examined by the city's sites commission and then needs approval from the environment ministry. The proposal is part of a \$418 million project to modernize the 128-year-old tower.

THE ASSOCIATED PRESS



ALL PHOTOS:ISTOCK

Panorama: More than meets the eye

A few hours' drive from Calgary in the interior of British Columbia, Panorama more than earns its moniker with stunning views of both the Rocky and Purcell Mountains. But just as plentiful as its scenic vistas are the ways you can make the most of this natural Canadian wonderland. **KAREN KWAN/FOR METRO**



PHOTO COURTESY OF PANORAMA MOUNTAIN

Swish down the slopes

With a variety of runs, novice to expert skiers and boarders alike can get their adrenaline rush at Panorama. Hit the mountain during an inversion, where the colder air gets trapped in the valley, and snow bunnies are blessed with warmer temps at the summit with a magical feeling of floating above the clouds. For warm-up breaks, pop into the charming huts peppered on the hills for a bite of raclette or some hot chocolate. Advanced skiers should snap up the opportunity to heliski, available right at the ski resort through RK Heliski.

Step out in snowshoes

Explore a scenic four-kilometre trail of rolling terrain on your own or on a guided hike with only the noise of the snow crunching beneath snowshoes (available for rent from the Nordic Centre). Surrounded by evergreens weighed down heavily with snow you'll feel like you've stepped into Narnia; while there won't be any centaurs, do keep your eyes peeled for animal tracks.

Feast on fondue

Cheese lovers, you think you're ready for this heli? Book a heli-fondue adventure so you can enjoy the ultimate après-ski experience. Once the lifts close, you're helicoptered up to the summit where at the Summit Hut at 8,000 feet. As the sun sets, indulge in wine and a gourmet fondue feast made of a perfected blend of cheeses and finish off with fruit and chocolate fondue. Then, strap on a headlamp and your skis or board and follow the guides down the eerily dark slopes to the village.

Speed in a snowmobile

Speed demons can get their fix just a five-minute drive from the village where a fleet of snowmobiles awaits at Toby Creek Adventures. Make your way up the side of the mountain in stages, following your guide around many switchbacks. A hot chocolate and cookie break at the Paradise Hut alpine cabin will warm you up for playtime tearing around the powder bowl.

Bejewel with beads

When you need a break from Jack Frost nipping at your nose, skip the hot pools for après-ski and instead get your creative juices flowing with a course that'll have you making beads and jewelry using an open flame at Saffire Bead and Frameworks. This four-year-old business will teach you the basics and also carries work by artisans if you'd rather shop local than get crafty.

Karen Kwan was a guest of Destination BC and Panorama Mountain Resort, who did not pay for or review this story.

FOUR TO TRY

Big-name resorts draw big crowds. But less-popular destinations can also offer plenty of fun, along with shorter lift lines. If you're looking for an alternative to Whistler or Banff, here are four resorts as suggested by Cheapflights.ca:

Mont Blanc, Que., an hour north of Montreal

Smaller and more laid-back than Tremblant, Mont-Sainte-Anne and Le Massif, Mont Blanc has one of Quebec's largest ski schools and one of the highest verticals in the Laurentians. skimontblanc.com

Calabogie Peaks, Ont., an hour west of Ottawa

Along with 32 hectares of skiable area and three terrain parks, the resort offers snowshoe treks, ice skating and access to an extensive network of snowmobile trails. A series of après-ski live music shows runs to March 25. calabogie.com

Castle Mountain, Alta., near Waterton Lakes National Park, two hours south of Calgary

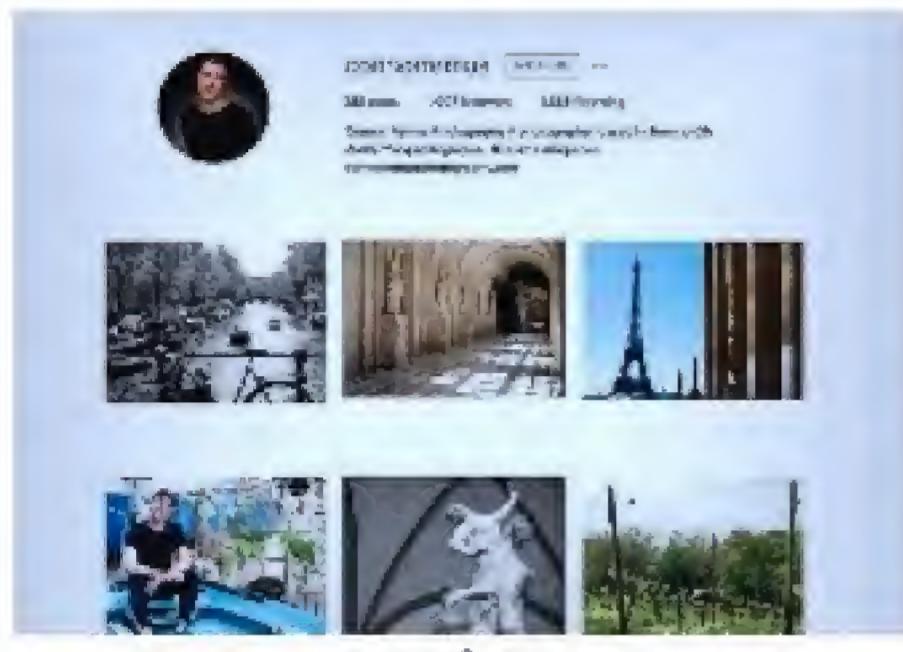
Backcountry skiing via snowcat takes users to wide bowls and gladed chutes. There are also more than 75 trails on two mountains, plus three terrain parks. skycastle.ca

Fernie Alpine Resort, B.C., about 1.5 hours east of Cranbrook

Over 140 trails are spread over 1,000-plus hectares. Activities include snowshoeing, guided winter fat biking, cross-country skiing and cat skiing. skifernie.com

ADVICE TO IMPROVE YOUR INSTAGRAM GAME

I love to share my adventures on Instagram but sometimes feel my snaps are inadequate compared other accounts I follow. So I asked some of favourite Instagrammers for advice on taking and posting the best travel photos. **LOREN CHRISTIE/FOR METRO**



Find your light

"Most photographers will say lighting is everything," says @connorremus, a Toronto-based photography student. "This is true even when working from a mobile device. A perfect lighting scenario should eliminate any need for post work."

Freelance travel journalist @jennweatherhead concurs. "Sunrise and sunset photos are always my most liked. That golden glow gives the most incredible natural filter on any pictures. I also love the saturation of colour you get at these times."

Tell a story

I met @marcus.mhd on a group trip to Panama a year ago. His shots of a recent trip to Botswana were mesmerizing. His tips are simple but important; look for a story and think about a message you would like to convey. He suggests you fill your frame with one clear focal point. He also says not to use the Instagram app to take your picture but use your camera or phone as they have more features.



Shoot straight on

Paris-based freelancer travel journalist @patriciagajo loves symmetry.

"I like shooting objects by standing directly in front of them," she says. "If I'm looking at a building, I'll stand exactly in the middle of it and shoot it dead on."

Blemishes add interest

@jennweatherhead looks for imperfections; chipped paint, crooked doorways and uneven lines. For her the flaws add character and make a photo more interesting. She always has an eye open for the not-so-perfect scene.

Don't forget to edit

@connorremus likes to use the apps VSCO Cam, Insta-size and Boomerang.

"Most apps are mobile friendly and can include tools such as cropping, filters, airbrushing, saturation, white balance and sharpening."

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Something's brewing in the Okanagan

WEST COAST

Craft brewery and distillery trend takes off in Penticton

Joanne Blain
Torstar News Service

The best thing about cycling the Kettle Valley Rail Trail is that pedalling is strictly optional. Start in the pine forest north of the city and it's a gentle downhill glide along the cliffs skirting Okanagan Lake to the rolling vineyards of the Naramata Bench.

The second-best thing is where our bike trip ended — at Maple Leaf Spirits in Naramata, one of the Penticton area's three craft distilleries.

As I unclipped my bike helmet and bellied up to the bar to sample spirits and liqueurs made from Okanagan fruit, I hoped to give the impression I had earned my reward through healthy exertion. I trusted my companions, who have burned the same dozen or so calories I had, wouldn't give me away.

The Spirited Brews Cruise, run by the Hoodoo Adventure Co., is the easiest way to get a taste of the burgeoning craft brewery and distillery trend in Penticton and neighbouring Naramata.

Nestled snugly between Okanagan Lake to the north and Skaha Lake to the south, Penticton is best known for the wineries and vineyards that surround it, but this city of about 34,000 has its own charms.

Its quaint downtown has a Main St. that is home to cherished local institutions, such as The Book Shop, a jam-packed used bookstore that has been going strong since 1974, and newcomers, such as Craft Corner Kitchen, a funky new restaurant that opened this summer. In any summer, a tradition for locals and visitors alike is floating on an inner tube down the channel that connects the two lakes.

On my trip, beer and spirits beckoned. At Hoodoo's headquarters on the edge of downtown, we met our guide, Mike Hill, and drove to the Glen Fir rest area, about 20 kilometres north of the city, to pick up the Kettle Valley trail. It follows the route of the decommissioned Kettle Valley Railroad, which explains its relatively flat and forgiving terrain.

Bike riding and imbibing aren't the best combination, so after a two-hour ride that included several photo stops, we traded our bikes for a van



Above and below right, take in stunning views of Okanagan Lake on a bike ride along the Kettle Valley Trail.



Enjoying a beer at Cannery Brewing with some fellow riders on the Spirited Brews Cruise run by Hoodoo Adventures.

and driver for the remainder of the tour.

Craft breweries and distilleries "are a part of Penticton's tourism landscape that is new, young, fresh and vibrant," said Hill, who runs the outdoor adventure company with his wife Lyndie. "I thought if we showed this to people, they would eat it up — and they have."

Or perhaps more accurately, they have lapped it up. Our

second stop was Old Order Distilling in downtown Penticton, which opened in summer 2015. It bills itself as a "farm to glass" distillery that uses grains and fruit from the Okanagan.

One of the latest additions to its lineup of vodkas, gins and liqueurs is Black Goat vodka, which gets its surprising dusky colour from plant-sourced minerals added to barley grown in central B.C.'s Vanderhoof area.



ALL PHOTOS BY JOANNE BLAIN

As its name suggests, it packs a bit of a kick.

So we were warm and fuzzy when we rolled up to the first craft brewery on our tour. Bad Tattoo Brewing combined its tap room with a pizza-centric restaurant that opened in July 2014 to lines around the block.

"Our biggest problem now is keeping up with demand," said co-owner Lee Agur, who ditched his career as an accountant to jump on the craft-brew bandwagon. Bad Tattoo doubled its production in 2016 and now turns out about 24 different beers, some seasonal, every year.

A black IPA called Midnight Hopmare, which has a creamy

head and a hint of coffee flavour, is a standout in a stellar field. If you're hungry, order from the list of "weird" pizzas that includes a Caribbean lobster pie with roasted yams, plantains and coconut chips.

We moved on to Cannery Brewing, which brewed its first batch of craft beer in 2001. In its industrial-chic pub in a former car-repair shop, we sampled (among others) a hoppy IPA and tangy blackberry porter that co-owner Pat Dyck said pairs nicely with chocolate cake.

By the end of the tour, a nap topped my agenda, but we hadn't even covered every craft distillery and brewery in the Penticton area.

WHEN YOU GO

Tips for when you book

Do this trip:
Hoodoo Adventures (hoodooadventures.ca) runs the Spirited Brews Cruise daily between April and October. Tours must be pre-booked.

The tour visits two distilleries and two craft breweries and includes pizza but not beer. It takes between 4.5 and 5.5 hours and costs \$135 per person, plus \$25 for bike rental if you don't bring your own.

Get there:
Both Air Canada (aircanada.com) and WestJet (westjet.com) fly into the small Penticton Regional Airport and Kelowna International Airport, 80 kilometres north of Penticton.

Stay:
Penticton Ramada Inn and Suites (pentictonramada.com)

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Saved for another day are Tin Whistle Brewing, which kicked off the craft-brewing boomlet way back in 1995, and the Barley Mill brew pub. I did make it to Legend Distilling in Naramata, which opened two years ago and makes a sour-cherry vodka I just had to try (it didn't disappoint). Also noted for my next visit is Highway 97 Brewing, which planned to open its doors just a few weeks after my early October visit.

Am I suggesting you swear off local wine for beer and spirits on your next trip to Penticton? Of course not. Just spend enough time there to try them all.

Joanne Blain was hosted by Tourism Penticton and Destination B.C., which did not review or approve this story.



metro SPORTS

Shane Battier is returning to the Miami Heat as a member of the front office in the new role of director of basketball development and analytics

Team Canada relaxed ahead of title defence

CURLING

No provincial grind for Carey & team before the Scotties

Chelsea Carey returns to the Canadian women's curling championship feeling tighter with her team and oddly rested.

Among the bonuses for winning the Scotties Tournament of Hearts is an automatic berth in the next one as Team Canada.

So defending champions Carey, third Amy Nixon, second Jocelyn Peterman and lead Laine Peters avoided the grind of provincial play-downs this year. The Calgary team heads to St. Catharines, Ont., for this year's event starting Saturday with full gas tanks.

"The biggest thing that's different is you don't have to win your provincial, so you have all this time," Carey said. "That's been kind of weird, but kind of nice that it's been a little slower pace leading up for us."

They'll need their reserves to repeat as Canadian champions, says the skip.

"It's a long, long week and it's an absolute grind," Carey said. "I always laugh at people who say, 'You went to this town. What did you see?' I'm like, 'Nothing.' You play two games a day and have a nap in between because you



Team Canada skip Chelsea Carey, centre, makes a shot as her teammates, second Jocelyn Peterman, left, and lead Laine Peters, train in Calgary on Monday. Carey returns to the Scotties feeling tighter with her team and oddly rested. JEFF MCINTOSH/THE CANADIAN PRESS

have to. You just won't survive the week otherwise.

"We're coming in a little more rested than probably most of the other teams. Maybe that's a good thing, maybe that's a bad thing. I don't know, but I like it."

The Glencoe Club foursome

It's been a slower pace leading up for us.

Chelsea Carey

claimed the 2016 Tournament of Hearts in Grande Prairie in Carey's first year skipping the team. She drew to the eight-foot ring with her final shot to beat Northern Ontario's Krista McCarville 7-6 in the final.

THE CANADIAN PRESS

NHL

1,000 up for Crosby as Pens edge Jets in OT

Sidney Crosby ended his march to 1,000 career points in typically unselfish fashion. The Pittsburgh Penguins star wasted little time before starting his quest for the next thousand.

The Pittsburgh captain fed Chris Kunitz for a first-period goal against Winnipeg on Thursday to become the 86th player in NHL history to reach the 1,000-point plateau, added an assist on Phil Kessel's game-tying goal in the third and then put the winner past Connor Hellebuyck with 21 seconds left in overtime as the Penguins escaped with a 4-3 victory.

Crosby finished with three points to push his total 1,002. Evgeni Malkin also scored for Pittsburgh, while Marc-Andre Fleury stopped 44 shots for the Penguins, who improved to

THURSDAY In Pittsburgh

4 **3**

PENGUINS JETS

6-0-2 since the All-Star break. Patrik Laine scored his 27th for Winnipeg. Paul Postma collected his first and Dustin Byfuglien his eighth for the Jets. Hellebuyck made 35 saves, but couldn't get a handle on Crosby's 31st of the season and 369th goal of his career.

Crosby insisted as the milestone approached that he'd be happy once it was out of the way so the focus could swing back to Pittsburgh's chase of first-place Washington in the relentlessly competitive Metropolitan Division.

THE ASSOCIATED PRESS

IN BRIEF

Latos joins Jays, attends spring-training camp

The Toronto Blue Jays signed right-hander Mat Latos to a minor-league deal Thursday with an invitation to major-league camp.

Latos spent last season with the Chicago White Sox and Washington Nationals. He posted a 7-3 record with a 4.89 earned-run average and 42 strikeouts.

The eight-year veteran has 186 career starts under his belt. THE CANADIAN PRESS

Stamps sign receiver Kohlert

The Calgary Stampeders signed free-agent Canadian receiver Rory Kohlert on Thursday.

Kohlert, 29, of Regina, spent the last five years with the Winnipeg Blue Bombers. He started 71-of-85 regular-season games, registering 160 catches for 1,630 yards and nine touchdowns.

"Rory is an all-around receiver with good pass-catching ability," Calgary head coach Dave Dickenson said. THE CANADIAN PRESS

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FIGURE SKATING

Daleman and Osmond pack 1-2 punch

Canada's Gabrielle Daleman and Kaetlyn Osmond dominated the women's short program at the ISU Four Continents figure skating championships on Thursday.

Canada's Olympic ice dance champions Tessa Virtue and Scott Moir also lead after the short program.

Daleman opened her program to music from the ballet *Herodiade* with a triple toe-triple toe combination en route to a top score of 68.25 points. Her



Gabrielle Daleman, left, and Kaetlyn Osmond GETTY IMAGES

only miscue was a slight bobble on the landing of her triple Lutz.

"It was a fight tonight, but I'm

happy with what I was able to accomplish and with the overall package," said 19-year-old Daleman from Newmarket, Ont. "It's been great competing in Korea for my second Four Continents and it is just so motivational and inspiring to compete in the Olympic rink."

The Four Continents is a test event for the 2018 Pyeongchang Olympics.

Osmond, a 21-year-old from Marysville, N.L., fell on the land-

ing of her double Axel and was second with 68.21 points. Elizabeth Tursynbaeva of Kazakhstan was third with 66.87.

Virtue, from London, Ont., and Moir, from Ilderton, Ont., scored 79.75 points for their program to music by Prince.

Virtue and Moir are undefeated since returning to competition after a two-year hiatus, and have their sights set on reclaiming Olympic gold.

THE CANADIAN PRESS



The Flames have come to rely on Mikael Backlund's two-way play. DEREK LEUNG/GETTY IMAGES

Trust in Backlund

FLAMES UP CLOSE



Ryan Leslie

He got in the best shape of his life. A lockout allowed him to reset after playing against some of the best overseas, and he had a new outlook.

But Backlund couldn't hide from the expectations. While he was finding his game he was also trying to find his way. An even-keeled, dare we say easy-going, even likeable person whose good nature and overall makeup would sometimes allow him to be on the receiving end of teammates ribbing. Not unique. But never easy. Yet, he endured.

Anyone who followed No. 11's career knows there was always trade talk that followed him. A few years ago he admits, he knew he was on the trade block. But a deal never happened. He was determined to earn the trust of the fans and the organization.

There were moments, thanks to injuries, conditioning and some hard lessons, it wasn't going his way. There were moments he thought about packing up and calling it a day.

"I had those thoughts. Is this for me? Am I a good enough player to be here?" Backlund recalled.

But it was an exit meeting with then-Flames coach Brent Sutter who said, if Backlund didn't pick up his play he wouldn't be in the NHL. Which was the wakeup call he needed. He was told his one-year, one-way contract could be his last. That's how close Backlund came.

PODCAST

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IN BRIEF

Manchester City fined for anti-doping breach

Manchester City has been fined 35,000 pounds (\$44,000 US) by the English Football Association after admitting to a breach of anti-doping rules.

The rules state that

clubs must say where and when training sessions take place, and provide home addresses for its players.

City was charged after failing to comply with this requirement three times in the space of 12 months.

THE ASSOCIATED PRESS

Ibra helps Man United ease past Saint-Etienne

Zlatan Ibrahimovic scored a hat-trick to help Manchester United dispatch Saint-Etienne 3-0 at Old Trafford in the first leg of their last-32 Europa League match.

THE ASSOCIATED PRESS

Wagner, Irvine get going as Wolverines top Wisconsin

Moe Wagner scored 21 points and Zak Irvin broke out of a slump with 18, helping Michigan beat No. 11 Wisconsin 64-58 on Thursday night.

THE ASSOCIATED PRESS



Kevin Durant and the Warriors have beaten Russell Westbrook and the Thunder in each of their three meetings this season. EZRA SHAW/GETTY IMAGES

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Reuniting Russ and KD

NBA ALL-STAR GAME

Seemingly bad blood between ex-teammates still lingers

new Golden State Warriors teammates beating Westbrook and the Thunder all three times — most recently last weekend in Oklahoma City, when Durant and Westbrook went 1-on-1 at times and even jawed at each other a bit during the game.

This will be different.

Probably awkward, too.

"I don't know," Westbrook said. "We're going to find out."

It was the breakup that shook the NBA last summer: Durant left Oklahoma City as a free agent and chose to sign with Golden State, a team that won the NBA title in 2015.

got ready for perhaps the best subplot of All-Star Weekend.

Russ and KD, together again.

The former Oklahoma City teammates are going to be Western Conference teammates on Sunday night when the league holds its annual All-Star Game in New Orleans. And after the Thunder went into the break by beating the New York Knicks on Wednesday night, the inevitable question was posed to Westbrook: Are you ready for this?

"I'm excited about All-Star Weekend," said Westbrook, the two-time reigning All-Star MVP. "I think in general, just being able to be there and enjoy the opportunity ... humbled by the opportunity to be there."

So the question was sidestepped.

It'll get asked to both Westbrook and Durant again — likely many, many times — over the coming days.

They've been on the same court together three times this season, with Durant and his

4

Four Warriors have been named all-stars: Durant, Stephen Curry, Klay Thompson and Draymond Green. Steve Kerr will coach the West.

Durant insists he tries to ignore anyone who criticized his decision.

"I define my career, at the end of the day," Durant said. "And it's pretty damn good so far."

Durant and Westbrook had great seasons with the Thunder, even getting to the 2012 NBA Finals where they lost to Miami in five games, but never were able to hoist a championship trophy together.

So Durant moved on, and their relationship — whatever it was — essentially ended.

"He plays for his team. I play for my team," Westbrook said. "Let him do his thing. I do my thing. And that's it, plain and simple." THE ASSOCIATED PRESS

MORE HOOPS

Porter Jr. goes off from 3 as Wiz extend win streak

Otto Porter Jr. made six three-pointers, finished with 25 points and eight rebounds,

and the Washington Wizards won their fourth straight, a 111-98 victory over the Indiana Pacers on Thursday night. THE ASSOCIATED PRESS

MAKE IT TONIGHT

Sweet Roasted Butternut Squash and Sweet Pear Soup



PHOTO: MAYA VINYET

Ceri Marsh & Laura Keogh
For Metro Canada

This soup has a subtle sweet-ness that is the perfect pairing with a grilled cheese.

Ready in 1 hour 10 minutes

Prep time: 20 minutes
Cook time: 50 minutes
Serves 4

Ingredients

- 2 lb. butternut squash, peeled, seeded and cut into 2 inch chunks
- 3 shallots, quartered
- 3 heirloom carrots, cut lengthwise and then in half
- 2 cloves garlic
- 2 Tbsp olive oil
- 1/2 tsp salt, divided
- 3 cup vegetable broth
- 1 cup milk
- 1/2 cup apple cider or water
- 3/4 cup pear purée

• our cream or Greek style yogurt for garnish

Directions

- Preheat oven to 400.
- Place squash, shallots, carrots and garlic in a large bowl and toss with olive oil and 1/4 teaspoon salt.
- Spread vegetables in a single layer on a large, rimmed baking sheet and roast 50 to 55 minutes, or until fork tender. Let cool.
- Place vegetables and 2 cups of vegetable broth into a blender and purée until smooth. Pour into a large saucepan over medium-low heat and stir in remaining broth, milk, water or apple cider, pear purée and remaining salt. Cook about 10 minutes, stirring occasionally.
- Serve with Greek style yogurt or sour cream.

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★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Take care of banking details and redtape issues like inheritances, taxes, debt and insurance matters today. It will feel good to get some of these things out of the way.

Taurus April 21 - May 21
Today the Moon is in a sign that is opposite from Taurus, which means you have to cooperate with others. This simply requires some tolerance and patience. No biggie.

Gemini May 22 - June 21
Because you want to get better organized today, set aside 20 minutes to tidy up your workspace or where you live. Even a little effort will make you happy with the results.

Cancer June 22 - July 23
Set aside some time today to play and have fun. Enjoy sports events, playful times with children or perhaps a fun flirtation. You need a break today!

Leo July 24 - Aug. 23
Home, family and real estate will be your focus today. Perhaps a conversation with a female family member (especially a parent) will be important.

Virgo Aug. 24 - Sept. 23
You have a strong need to talk to others today. You don't want to have superficial chitchat. You want to know what's happening, and you want to share your own experiences as well.

Libra Sept. 24 - Oct. 23
Money, cash flow or something to do with a possession that you own will be your focus today. When it comes to money and finances, information is power.

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, which will make you more emotional than usual. This is why you might overreact when talking to others. Keep this in mind.

Sagittarius Nov. 23 - Dec. 21
Today you will prefer to be low-key and work behind the scenes or alone. Some days we like publicity; some days we don't.

Capricorn Dec. 22 - Jan. 20
A conversation with a female acquaintance will be important today. Perhaps you'll want to share your hopes and dreams for the future with someone.

Aquarius Jan. 21 - Feb. 19
Personal details about your private life will become public today. This is because you are having a moment that is high-viz, especially in the eyes of bosses and VIPs.

Pisces
Feb. 20 - March 20
Do something different today. Shake up your routine to satisfy your urge for a little adventure. You also want to learn something new.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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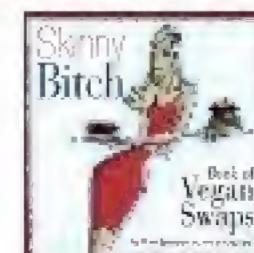
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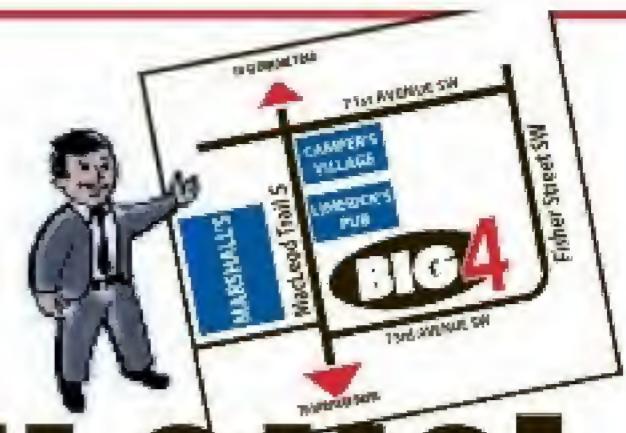
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